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Alpine Kit List

Above all, alpine kit needs to do the job but be as light as possible. Fabrics such as e-vent and paclite are ideal for alpine waterproofs, which are carried as often as worn.

Waterproof Jacket - lightweight breathable + **Overtrousers** - with long side zips.

Rucksack - 35 - 45l is sufficient.

Rigid Mountaineering Boots – *eg Lasportiva Nepal Top, Scarpa Triolet.*

Socks - Warm loop lined pair + spares.

Gaiters - made from breathable material.

Wicking thermal top - long sleeved and light colour is ideal!

Fleece mid layer - or equivalent.

Mountain Trousers - or thermal leggings.

Thin Inner Gloves + Warm Ski Type Gloves

Warm Hat - must fit under a helmet.

Spare Fleece

Water Container - at least 1litre.

Headtorch + batteries

Personal medications + blister kit - bring lots of zinc oxide tape.

Sun Glasses - (CE rated 3 or 4).

Sun + lip cream (factor 15+) + **Sun Hat.**

Shorts + T Shirt

Small wash kit

Rock Boots - must be able to wear all day.

Approach shoes - or trainers.

#Harness

#2 prussik loops + karabiner - if in doubt, bring 2.5m of 6mm climbing cord!

#Long sling + locking karabiner

#Climbing Helmet

#Crampons - with anti-ball plates. *eg Grivel G12 (anti-ball plates are essential)*

#Ice Axe - classic type for intro mountaineering.

#Ice hammer - for 'technical' alpine weeks or those involving ice/mixed climbing.

Possible Extras: Trekking Poles, Silk sheet liner + ear plugs for huts.

Items available from Ollyguide Hire Kit. See pdf download for prices.

