



MINIMUM REQUIREMENTS

For comfort and safety all clients **MUST** carry the equipment below. Guides may refuse inadequately equipped clients.

- JACKET** - waterproof with hood
- OVERTROUSERS** - windproof
- BOOTS** - sturdy, good fit, protected with dressing/polish
- SOCKS** - 2-3 pairs in good condition*
- HAT or BALACLAVA***
- GLOVES or MITTENS***
- UNDERWEAR***
- THERMALS***
- TOPS** - 2 medium weight*
- JERSEY or JACKET** - 2, 1 lightweight*
- SHORTS** - quick drying
- COTTON SHIRT and SUN HAT** - (optional) for use in fine weather.
- PACK** - with waterproof liner such as yellow MSC packliner.
Pack should be light, strong, comfortable, 60-90 litres for overnight trips. Carry up to one quarter your weight.
- SURVIVAL BAG** - Pack liner
- SLEEPING BAG** - good quality down or synthetic fibre.
Pack in stuff bag. Keep dry in plastic bag.
- SLEEPING MAT** - closed cell foam, or a self-inflating airbed.
- TORCH** - small with spare bulb & batteries.
- DRINK BOTTLE**
- GAITERS or PUTTEES** (optional) - to keep out gravel

*Aspects to consider when buying clothing: weight, wicking/breathing ability, drying time, warmth and fit.

*Layering two light layers of clothing are warmer and more versatile than one heavy one.

We can also supply a range of gear from walking poles and backpacks to waterproofs and boots; just ask us for more info when making an enquiry.