

Kit List for Winter Mountaineering

To Wear

- Thermal wicking base layer and fleece top – not cotton
- Polyester, fleece or woollen trousers and tops – no jeans
- Stiff winter boots (B1,2 or 3 winter boots) – available to rent

Personal Items

- Mountaineering axe and crampons (available to rent)
- Head torch (available to rent)
- Hat, waterproof gloves and scarf or neck gaiter plus spares
- Spare fleece or woollen top
- Heavy-duty waterproof jacket and trousers with side zips
- Flask or water bottle
- Lunch + spare food (snacks)
- Emergency survival bag (6' by 3' orange poly bag)
- Rucksack (40ltrs) and liner
- Whistle
- Sunglasses and sun-cream
- Ski goggles

Group Items Supplied By Atlas Mountaineering

- First aid kit
- Group Shelter
- Camera

Get in touch if you have questions about any of the items on this list.