

Kit List



To Wear

Thermal wicking base layer and fleece top – not cotton

Polyester, fleece or woollen trousers and tops – no jeans or cotton jogging bottoms

Walking boots (three season)

Personal Items

Hat and gloves

Spare fleece or woollen top

Waterproof jacket and over trousers

Flask or water bottle

Lunch plus spare food

Rucksack (30ltrs)

Whistle

Orange plastic survival bag

Sunglasses and sun-cream

Walking poles recommended but non-essential

Camera – Definitely recommended!!!!

Connor Holdsworth – Owner
climb@atlasmountaineering.com
www.facebook.com/AtlasMountaineering.com

Twitter @atlasmountain
www.atlasmountaineering.com
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