

Kit List for - Winter Snow & Ice Adventures

To wear....

Waterproof jacket and trousers

warm and comfortable clothing (cotton and denim is not recommended)

boots suitable for crampons - ask us if you need advice on this

To bring....

Crampons - we can help with these

ice axe - we can help with these

helmet - we can help with these

extra warm clothes fleeces are particularly good

warm hat

gloves/mittens

thermals

goggles

water bottle - with water or squash in

flask - with your choice of hot drink in

food & snacks - enough to keep you going all day

camera

To put it in....

30 litre rucksack

a small waterproof bag for mobile/valuables

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