



Winter Climbing Kit List

To Wear

- Thermal wicking base layer – not cotton
- Polyester, fleece or woolen trousers and tops
- Stiff climbing boots (B3 rating) and gaiters

Personal Items

- Map (OS sheet 41) in a waterproof case and compass
- Technical ice axes and crampons
- Harness with adjustable leg loops and helmet
- Belay plate and big screw-gate karabiner
- Torch, preferably a head torch
- Hat, waterproof gloves and scarf or neck gaiter plus spares
- Spare fleece or woolen top
- Heavy-duty waterproof jacket and trousers with side zips
- Flask or water bottle
- Lunch plus spare food
- Emergency survival bag (6' by 3' orange poly bag)
- Rucksack (50ltrs) and liner
- Whistle
- Sunglasses and sun-cream
- Ski goggles

Group Items Supplied By Abacus Mountain Guides

- First aid kit
- Group Shelter
- Ropes and climbing hardware

