



## Winter Mountaineering Kit List

### To Wear

- Thermal wicking base layer – not cotton
- Polyester, fleece or woolen trousers and tops
- Stiff walking boots (B2 or B3 rated) and gaiters

### Personal Items

- Map (OS sheet 41) in a waterproof case and compass
- Mountaineering ice axe and crampons
- Helmet and harness with adjustable leg loops
- 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 (45ltrs minimum) and liner
- Whistle
- Sunglasses and sun-cream
- Ski goggles

### Group Items Supplied By Abacus Mountain Guides

- First aid kit
- Group shelter
- Rope
- Snow shovel

