



WINTER WALKING & SKILLS COURSE KIT LIST

- Waterproof jacket
- Waterproof over trousers
- Warm Hats
- Gloves (at least 2 pairs)
- Thick & Warm Walking socks
- Wicking base layer – Not Cotton! Merino layers work very well.
- A warm mid- layer
- A spare warm layer
- Hiking trousers (Do not wear jeans or jogging bottoms)
- Survival Kit – Whistle, Survival Bag, Small personal first aid kit.
- Rucksack – 35-45 litres for Winter
- Rucksack liner to keep your kit dry
- Food and drink for the day. Lots of high energy snacks, and a flask of warm drink or soup is a great boost.
- Goggles (can be borrowed)
- Balaclava
- Gaiters

Technical Winter Kit

- Winter Walking Boots – These should be crampon compatible (B1-B2). If you have any doubt please drop us an email. Winter boots can be hired from some locations, most notably in Scotland. Summer Walking boots will not suffice.** We have a small pool of winter boots available to hire for £10 per day.
- Walking Ice Axe – Available to hire if required - £5 hire per day
- Walking Crampons – Available to hire if required - £5 hire per day
- Helmet – Can be borrowed for the duration of the course.
- Snow Shovel & Avalanche Probe - Can be borrowed for the duration of the course.

Please note that this list is not an exhaustive list, and should you turn up to the course/event ill-equipped you may not be able to participate. Please email us if you have any queries to lakelandmountainguides@live.co.uk