

Equipment List - Peak Adventures	Hill Skills	Mountain Skills 2 Days	Mountain Skills - 4 Days	Winter Skills	Winter Skills with Snow holing	Wild Camping
Ordnance Survey Map for the area of the course	1:25000	1:25000	1:25000	1:50000	1:50000	Optional
Map Case - Ortlieb rather than PVC	●	●	●	●	●	Optional
Compass - Silva Expedition 4	●	●	●	●	●	Optional
Rucksack Minimum 30 Liters	●	●	●			
Rucksack Minimum 50 Liters			For Expedition		●	●
Rucksack Liner or pack contents in dry bags	●	●	●	●	●	●
Ice Axe				●	●	
Crampons				●	●	
Waterproofs	●	●	●	●	●	●
Snow Shovel				●	●	
Helmet				●	●	
Hat	●	●	●	●	●	●
Gloves (Several Pairs for All Winter Courses)	●	●	●	●	●	●
Gaiters				●	●	●
Goggles				●	●	
Sunglasses	●	●	●	●	●	●
Suncream	●	●	●	●	●	●
Midge repellent . Midge Net	●	●	●			●
4 Season Closed Cell Mat/Thermarest type mat. Both if possible					●	
Sleeping Mat			●			●
3 Season Sleeping Bag			●			●
Tent			●			●
Winter grade sleeping bag with liner. -5 comfort rating					●	
Sleeping Bag Liner			●		●	●
Gore-Tex type Bivi bag					●	
Spare thermal underwear and socks			●		●	●
Clothes for evening wear including a duvet jacket			●		●	●
Head Torch			●	●	●	●
Lighting - no candles			●		●	
Thermos flask			●	●	●	
Cutlery (Spork is ideal)			●		●	●
Wipes and handwash (Biodegradable)	●		●	●	●	●
Stove, fuel and ignition method			●		●	●
Pot with lid			●		●	●
Avalanche probe				●	●	
Bag or sheet for removing snow from accommodation!					●	
Food required for trip -						
Lunch for each day	●	●	●	●	●	
Evening meal - lots of carbs & liquid			●		●	
Breakfast			●		●	
Toileting bags to carry out no.2's - nappy/sealable bags			●		●	
Nalgene Water Bottle (makes a good hot water bottle)			●		●	
Charcoal Handwarmers (Stop Boots freezing)					●	
Personal snacks and equipment	●	●	●	●	●	●
Smartphone and power bank/cables	●	●	●	●	●	●

The Following Equipment can be supplied by Peak Adventures

Ice Axe

Tent

Target Weight

Crampons

Sleeping Mat

You should aim to carry no more than 15 kilos including 2 litres of liquid. Tents supplied by us weigh approximately 1kg and a down sleeping bag a little less. Synthetic bags are bulkier and heavier

Helmet

Sleeping Bag Liner

Avalanche Probe

Food options will be emailed to you.

Snow Shovel