Equipment List - Peak Adventures	Hill Skills	Mountain Skills 2 Days	Mountain Skills - 4 Days	Winter Skills	Winter Skills with Snow holing	Wild Camping
Ordanace 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	●	●	●	●	●	Supplied as per trip advert
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 botle)			●		●	
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

Crampons

Helmet

Avalanche Probe

Snow Shovel

Tent

Sleeping Mat

Sleeping Bag Liner

Food options will be emailed to you.

Target Weight

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