

Equipment & Clothing: Advanced Alpine Skills Course

Use the check list to ensure you bring along the gear specific to your trip. Try to let us know what you need to rent as soon as possible **before** you arrive. Get in touch if you have any questions.

1. Equipment provided free of charge	Bring ✓	Borrow ✓
Ice Axe		
Ice Hammer		
Crampons - 12 point, semi automatic		
Helmet		
Harness		
Belay Device		
Ice Screw x 2		
Snow stake		
Prusiks x 3 (1 long, 2 short), Sling x 2 (1 long, 1 short)		
Karabiners: large screw-gate x 3, snap-link straight gate x 5		
Avalanche Transceiver (provided if required)		
Snow Shovel (provided if required)		

Use our gear free of charge, or bring your own

Calculate your approx. rental cost below. For the AAS we charge 7 days rental.

2. Equipment and Clothing for rent	Bring ✓	Rent ✓	Cost/day	x # days	Total
Mountaineering Boots			15		
Sleeping Bag - 3 season bag			15		
Backpack, 55-65 litres			7		
Bivouac Bag			7		
Sleeping Pad			1		
Hiking Poles / each (optional)			5		
Storm Jacket			10		
Overtrowsers (full length leg zip if possible)			10		
Gaiters			5		
Total estimated rental cost					

Refer to the "Pre-trip Info" section of our website about seasonal weather variation, and how to select your clothing. If in doubt - bring it out!

3. Required Personal Equipment (not available to rent)

- Headlamp
- Sunglasses - good quality wrap-around
- Ski Goggles (for white-out conditions)
- Water Bottles 2 x 1 litre widemouth (Nalgene)
- Waterproof pack liner
- Plastic survival bag (or bivouac bag)
- First Aid Kit - basic kit, incl blister tape
- Toiletries, including toothbrush sun screen and lip cream
- Leatherman or Swiss tool

4. Required Personal Clothing (not available to rent)

- Underwear (2 sets)
- Socks (3 pairs)
- Thermal underwear: 2 x tops, 1 x pants
- Mid-weight fleece jersey
- Warm jacket: down or fleece
- Warm hat / balaclava
- Climbing trousers: soft-shell are ideal. Light weight trekking pants (worn over thermals) are okay - they must be quick drying
- Waterproof warm gloves x 1 pair - leather gloves are good for rope work
- Light-weight (polypro) gloves x 1 pair
- Sun Protection: baseball cap or legionnaire hat scarf / neck gaiter (buff) and "glacier shirt"
- Hut footwear - running shoes or sandals / holey soles (must be lightweight)

5. Optional Gear (not essential - but recommended)

- Day pack approx 20 litre, useful for non-mountain activities
- Telescopic hiking pole - bring one
- Compass - bring if you own one
- Rock shoes - bring if you own a pair
- Drinking mug. Supplied in huts - but you can bring your own
- Soft-shell jacket
- Shorts - worn over long johns is okay in summer