

Equipment & Clothing: Ascents Program (Winter)



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 - ATC Guide or Petzl Reverso		
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 4		
Avalanche Transceiver		
Snow Shovel & Avalanche Probe		

Use our gear free of charge, or bring your own

Calculate your approx. rental cost below.

2. Equipment and Clothing for rent	Bring ✓	Rent ✓	Cost/day	x # days	Total
Ski Touring Boots			25		
Mountaineering Boots			15		
Sleeping Bag - 4 season			15		
Bivouac Bag (required only if bivouacs are planned)			7		
Sleeping Pad (required only if bivouacs are planned)			1		
Backpack, 55-65 lites			7		
Hiking Poles / each (optional)			5		
Insulating Jacket			10		
Storm Jacket			10		
Overtrousers (full length leg zip if possible)			10		
Gaiters (if required)			5		
Skis with AT bindings, Skins, Poles			35		
Total estimated rental cost					

[See the "Pre-trip Info" section of our website for info about seasonal weather variations, and how to select your clothing.](#)

Prusiks

Prusiks are 5-6 mm width nylon kernmantle cord, or spectra. We recommend carrying 2 short and one long prusiks for most situations.

- A short prusik loop is "nose to navel" length when tied
- A long prusik "navel to ground" when tied

Slings

You need at least 2 slings:

- "Long sling" is approx 4 metres before tying off
- "Short sling" is approx 3 metres before tying off

We use 16 to 20 mm width tubular tape in our rental stock. This resists abrasion well, especially when anchoring/belaying off alpine rock. If you bring your own slings (especially pre-stitched slings) 12mm tape will suffice. These should be rated to 22KN or better.

Bivouac Bag

The course is hut-based. Bivouac (bivvy) bags are only required if you wish to sleep out, or sleep in a snowcave on your course. **Some sort of emergency shelter is always required**, like a plastic survival bag or "bothy" bag.

[For detailed info on gear and how to select your clothing see the "Gear Guide" on Alpine Guides website.](#)

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3. Required Personal Equipment (not available to rent)

- Headlamp
- Sunglasses - good quality wrap-around
- Ski goggles (for whiteout 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 - mid weight or heavier: 2 tops, one x pants
- Mid-weight fleece jersey / soft shell jacket
- Insulating jacket: down or synthetic, and 200 weight fleece (we rent synthetic jackets)
- Warm hat / balaclava
- Climbing trousers: soft-shell are ideal. Bring gaiters if your trousers do not have snow-cuffs or Ski/snowboard pants with snow cuffs (only for touring trips)
- Waterproof warm gloves (one pair) + Light-weight (polypro) gloves, one pair. eather gloves are good for rope work
- Sun Protection: baseball cap or legionnaire hat, scarf / neck gaiter (buff)
- Hut footwear - running shoes or sandals / holey soles (must be lightweight)
- Small pack towel (if you like to wash) or just a towel for use at Unwin Lodge

5. Optional Gear (not essential - but recommended)

- Day pack approx 20 litre, useful for non-mountain activities
- Compass - bring if you own one
- Rock shoes - bring if you own a pair
- Snow study kit (crystal grid, dial stem thermometer, magnifying glass)
- Drinking mug. Supplied in huts - but you can bring your own
- Sleeping pad - lightweight (if you want to sleep out)
- Bivouac bag - if you want to sleep out. Survival bag will suffice.
- Ear plugs - people love snoring in the mountains

[For info about seasonal weather variations to help select your clothing and sleeping bag, see the "Gear Guide" section of Alpine Guides website.](#)

[See the "Pre-trip Info" section of our website for info about seasonal weather variations, and how to select your clothing.](#)