

Equipment & Clothing: Mountain Experience Course (MEC)



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 1		
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 MEC we charge 6 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 (required for bivouacs)			1		
Hiking Poles / each (optional)			5		
Storm Jacket			10		
Overtrowsers (full length leg zip if possible)			10		
Insulating Jacket (hooded Primaloft jacket)			10		
Gaiters			5		
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.

[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
- 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
- Insulating jacket: down, synthetic, or fleece (we rent synthetic jackets)
- 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)
- 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
- 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
- Ski Goggles (for white-out conditions)
- 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.](#)