

# Equipment & Clothing: Winter Mountain Skills



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		
Crampons - 12 point, semi automatic		
Helmet		
Avalanche Transceiver		
Snow Shovel & Avalanche Probe		
Snowshoes		

Use our gear free of charge, or bring your own

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

2. Equipment and Clothing for rent	Bring ✓	Rent ✓	Cost/day	x # days	Total
Mountaineering Boots			15		
Sleeping Bag - 4 season			15		
Backpack, 55-65 lites			7		
Storm Jacket			10		
Overtrousers (full length leg zip if possible)			10		
Insulated Jacket			10		
Gaiters			5		
Hiking/ski poles / pair (recommended for walking in/out)			5		
Bivouac Bag (optional - if you "really" want to snowcave)			7		
Sleeping Pad (if snowcaving)			1		
Total estimated rental cost					

## 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.

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

## 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 (2 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.
- Waterproof warm gloves (one pair) + Light-weight (polypro) gloves, one pair
- 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
- 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 detailed info on gear and how to select your clothing see the "Gear Guide" on Alpine Guides website.](#)