



Climb365

office@climb365.co.uk

07880742799

Mountain Leader Kit list

General kit

Head torch
Dry bags
Grippy gloves for rope work
Phone
Group shelter (optional)
Waterproofs
Food and drink
Boots and gaiters
Thermal shirt
Jumper
Trousers
Spare jumper
Spare hat
Spare gloves
Mountain rope if you have one
Hat
Midge cream
Sun cream
Sunglasses
Maps (see course info)
Map case (Ortelieb are best)
Compass (silva type 4 or similar)
First aid
Stopwatch

Expedition

Tent
Pegs
Poles
Rucksack 45 litre
Sleeping mat
Sleeping bag
Stove
Lighter
Fuel
Pans and lid
Windshield (foil is good)
Spoon
Cup
Pan holder
Loo roll
Trowel
Spare socks

This list is not exhaustive and you might or will not carry all these items.

This list acts as a reminder of the items you might need.
Each exped is different.
Hope this list helps with your preparation.

There are many good outdoor shops and food shops in the near villages.

You will have a few hours spare on Wed afternoon to pick up provisions for the expedition.