



## Climb365

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## 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 (for timing on the hill or a watch with a stopwatch built-in)

### 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.