

Equipment List - Peak Adventures	Hill Skills	Mountain Skills 2 Days	Mountain Skills - 4 Days	Winter Skills	Winter Skills with Snow holing
Ordnance Survey Map for the area of the course	1:25000	1:25000	1:25000	1:50000	1:50000
Map Case - Ortlieb rather than PVC	●	●	●	●	●
Compass - Silva Expedition 4	●	●	●	●	●
Rucksack Minimum 30 Liters	●	●	●		
Rucksack Minimum 50 Liters			For Expedition		●
Rucksack Liner or pack contents in dry bags	●	●	●	●	●
Ice Axe				●	●
Crampons				●	●
Waterproofs	●	●	●	●	●
Snow Shovel				●	●
Helmet				●	●
Hat	●	●	●	●	●
Gloves (Several Pairs for All Winter Courses)	●	●	●	●	●
Goggles				●	●
Sunglasses	●	●	●		
Suncream	●	●	●	●	●
Midge repellent . Midge Net	●	●	●		
4 Season Closed Cell Mat/Thermarest type mat. Both if possible					●
Sleeping Mat			●		
3 Season Sleeping Bag			●		
Tent			●		
Winter grade sleeping bag with liner. -5 comfort rating					●
Gore-Tex type Bivi bag					●
Spare thermal underwear and socks			●		●
Head Torch			●	●	●
Lighting - no candles			●		●
Thermos flask and cutlery			●	●	●
Wipes and handwash	●		●	●	●
Stove, fuel and ignition method			●		●
2 Pots with lids			●		●
Avalanche probe				●	●
Bag or sheet for removing snow from accommodation!					●
Food required for trip -					
Lunch for each day	●	●	●	●	●
Evening meal - lots of carbs & liquid			●		●
Breakfast			●		●
Toileting bags to carry out no.2's - nappy/sealable bags			●		●
Nalgene Water Bottle (makes a good hot water bottle)			●		●
Charcoal Handwarmers (Stop Boots freezing)					●
Smartphone and power bank/cables	●	●	●	●	●

**The Following Equipment can be supplied by Peak Adventures**

**Ice Axe**

**Tent**

**Crampons**

**Sleeping Mat**

**Helmet**

**Avalanche Probe**

**Snow Shovel**