



## SCRAMBLING ESSENTIALS EQUIPMENT LIST

### Basic personal equipment

- Boots:** Backpacking or light mountaineering boots. Travel is on loose scree, off trail, on snow, and possibly on ice.
- Crampons:** General mountaineering crampons that are correctly fit to your boots. Required for safe travel on snow.
- Backpack:** An internal frame backpack with a capacity of 40+ litres will allow you to carry all your gear.
- Outerwear jacket:** An outer layer waterproof/breathable shell with hood (Gore-tex, etc.). Non-insulated is best.
- Outerwear pants:** waterproof/breathable shell, **non-insulated**. Full zips are ideal for venting and ease of on/off with boots on
- Personal clothing layers:** layering works well, no cotton. Below is a suggested guideline, personal preference will affect choices.
  - mid-weight climbing/hiking pants
  - lightweight sweater/mid layer for top
  - Insulated jacket/sweater/softshell, ideally with a hood, synthetic or down. Depends on temperature/weather conditions
  - 2 pairs socks & 2 pairs underwear
- Gloves:** Light to mid-weight gloves, ideally with leather-style palms for better grip on rope and ice ax
- Gaiters:** ensure they fit over your boots. Optional but nice to keep rocks, debris and snow out of boots.
- Toque/warm hat:** wool or fleece
- Hat with sun visor:** baseball cap, etc.
- Sunglasses:** must have 100% UV blockage and ideally provide full protection with wrap-around style
- Headlamp:** small size with extra batteries
- Water bottle/hydration system:** 1 litre minimum, 2 litres is ideal.
- Compass & map:** pack maps in waterproof bag. Optional, your instructor will have one to review
- Knife:** Small folding style knife or multi-tool
- Personal kit:** (toothbrush, toilet paper, etc.) Keep kit to a minimum and bring only essentials
- Sunscreen:** Minimum 30 spf
- Insect repellent:** Small container in ziplock bag - keep away from any climbing equipment.
- Note pad and pencil:** optional
- Hiking pole(s):** Optional yet useful on the approach and descent

### Camping Equipment (we encourage participants to share communal - \*starred items - such as tents, stove, etc to save on weight)

- Sleeping bag:** Synthetic or Down, rated to at least -5 degrees Celsius (unless current conditions require a colder rating)
- Sleeping pad:** Thermo-rest style inflatable, or closed cell foam (Ensolite style)
- Eating utensils:** cup, bowl, spoon
- \*Food as required:** bring 1 lightweight dinner that cooks quickly; hot drinks; 1 quick breakfast; 2 lunches; snacks.
- \*Tent or bivi shelter:** If weather is suitable, a bivy shelter or tarp shelter will be fine. Note that camp may be located above treeline
- \*Stove:** include matches/lighter, and fuel for 1 dinner and hot drinks in the morning.
- \*Cooking pot:** bring 1 small size pot suitable for the meal you have planned

### Technical Equipment (can be supplied if requested)

- Ice Axe:** General Mountaineering ax 60-70 cms length
- Climbing seat harness:** CE approved climbing harness
- Climbing Helmets:** CE approved climbing helmet
- Carabiners:** 3 locking and 2 non-locking
- Belay device (1):** ideally a device that can be used for descending and belaying such as a Black Diamond "ATC"
- Sewn webbing climbing sling (120 cm, full strength of 20+ kN's):** Used for personal climbing systems and anchors

Please discuss this list with our office staff and your Guide/Instructor in advance to make sure you are prepared for the overnight field sessions.