

### **Equipment list for winter courses**

#### **Clothing**

Warm base layer (i.e. thermals or thin fleece)

Warm clothing (Fleece layers and non-cotton tops etc, ..Thermal leggings and or good outdoor pants)

Waterproofs (Jacket and Trousers)

Warm fleece hat, good winter waterproof gloves and extra fleece gloves.  
(ps no gloves are really waterproof!)

Thick walking socks

#### **Footwear**

Stiff winter boots, these should be B3 rated for the climbing courses and at least B2 rated for the mountaineering and walking courses.

Gaiters are recommended for use with boots in winter

**Winter Boots are available for hire**

#### **Rucksack**

These should be at least 30 – 40 litres capacity (It can always be squished down!)

#### **Other essential stuff**

Goggles (ie ski goggles) & sunglasses

Head torch (Mountain motion may be able to lend you one, ask Richard)

#### **Ice axes and Crampons.**

These should be suited to the course being undertaken.

Shorter technical axes for climbing and slightly longer mountaineering axes for mountaineering and walking.

Crampons should have anti ball plates fitted and should be set up to fit your boots.

**Crampons and axes are available for hire.**

#### **Other equipment**

Mountain Motion can supply all other technical equipment such as harnesses / Helmets ropes and climbing hardware. This is all free of charge.

If you have your own then please bring it along and use it.

If you have any questions about equipment at all please contact me.

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