

Team Ascent Ltd

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Sandy Allan IFMGA Mountain Guide:*

Alpine Mountaineering Equipment List

Dressing properly for the mountains can make a huge difference between an enjoyable or uncomfortable trip. Clothing needs to give the right degree of warmth for the activity. We recommend utilising a layering system, which provides a versatile method of regulating your body temperature. Experienced climbers will find it best to use their own tried and tested clothing.

Please use this list as a guideline only.

Head and face:

Climbing Helmet *
Wool hat and base all type cap/sun hat.
Face/Neck guard/buff
Ski Goggles and sun/glacier spectacles.
Sun creams, lip salves, cold air creams.

Upper Body:

Wicking T shirt/ thermal vest
Long sleeved wicking thermal shirt (Zip-T Neck –long sleeved)
Fleece jacket (Soft shell is popular although not as warm as traditional fleece!)
Gore Tex outer shell jacket (or similar) Outer Shell Jacket with hood
Thin inner gloves, (wind stopper felt. fleece or light thin fleece)
Water resistant Gloves / Good ski glove
Spare Gloves and/or Mittens (especially for high summits such as Mont Blanc)

Lower Body and Legs:

Underwear
Power Stretch type trouser or soft shell trouser. (They should offer some warmth and wind resistance, NOT cotton)
Gore Tex outer shell trouser/pants - Full-length leg zips useful, (lightweight)
Warm Socks and spares (loop stitch)
Climbing Boots (rigid sole and suitable for crampons –(refer to our guidance notes)*
Gaiters (Breathable fabric and the short ones tend to be Ok for Alpine summer use)

Equipment:

Rucksack/Backpack (30-35 Litre minimum size/ 40- 50 Litre maximum. Ice axe loops and/or side compression straps really useful)
A pair of technical Ice tools.* Hammer and Axe (**for technical ice/mixed climbing courses only**)*
Traditional ice axe* (for walking courses such as Mont Blanc ascent, 60-75 cms depending on your height)
Crampons* (12 points- with anti-balling plates compatible with your climbing boots)*
Sit Harness* -(with adjustable leg loops and side gear loops) Black Diamond Alpine Bod, or similar
1 Belay Device* which is also suitable for abseiling*
2 Large pear shaped screw gate Karabiners*
1 Long Tape Sling*. (To use as a cows “safety” tail)*

Thermos Flask/ Water Bottle/Camel Back (1 litre minimum)

Compass and Maps* (Optional, your guide has them, and they can be bought locally
www.stanfords.co.uk)

Head torch c/w batteries-

Spare warm top (Puff Ball top or light Duvet) (especially required for Mont Blanc Ascent)

Trekking Poles- telescopic three section poles: (Some people like to use these for approach walks - only bring if you wish to or if you normally to use them!)

Camera – optional (please keep it light, small and have a system c/w a small lanyard which you find easy to use when climbing in exposed and cold conditions!)

Small first aid kit.

It's a good idea to have a large plastic bag or waterproof bag/pouch to use inside your rucksack!

Pen Knife...(for packed lunches)

Other Items:

Sometimes worth taking if you are travelling a lot and staying in bunk houses/ hotels etc. These are generally kept in your travel bag and not normally carried during the climbing day.

Spare valley clothing and footwear

Small warm Sleeping bag (you do not need sleeping bags in the Alpine huts as blankets are provided, some people like to use a light weight silk liner)

Ear Plugs

Wash Kit

Towel

Swim Trunks/bathing suit

Small sewing/ repair kit

First Aid Kit

Passport/ identity papers

Driving licence

Climbing /rescue/ medical insurance card

Money (Most areas have access to ATM's for local cash)

European Health Insurance card (if you are a UK resident)

For health related travel advice check www.dh.gov.uk/travellers

Alpine Club and other mountain related membership cards sometimes give discount in Mountain Huts and local climbing shops.

Notes:

1. Equipment marked with a * is (depending on our own stocks and sizes) available for hire/rental from the local shops or from your mountain guides. If you have large boot sizes you should try to order in advance.

2. Team Ascent guides will supply all ropes and technical racks. For technical climbing courses you may bring your own racks if you wish.