

## Alpine kit list

- Boots, see note below
- Ice axe, alpine curved pick style. This needs to be at least 50cm long, but no more than 65cm, and be related to your height.
- Crampons with front points + anti-balling plates,
- Helmet, Helmets are vitally important in the Alps.
- Harness,
- Prusiks (approx 120cms circumference,
- 2 x 240cm (8 ft) slings (circumference) + 3 x screwgate karabiners
- 2/3 snap link karabiners
- HMS screwgate karabiner
- Rucksack 35-45 litres.
- Water bottle (1 litre minimum)
- Sunglasses with side protection (or tinted prescription glasses). Should offer good protection – EN Category 3 or 4 is best, a wrap around design gives the best protection.
- Warm clothes
- Gaiters.
- Gloves and hat.
- Waterproof Jacket (Trousers optional) - the trousers should have a full length leg zip for ease of fitting over boots and crampons. Lightweight waterproofs are best in the Alps as they spend most of the time in your rucksack.
- Sunhat, (Buff optional)
- Sun cream, min. factor 20
- Headtorch
- Sleeping bag liner for huts, optional.
- Emergency bivi bag (polythene) 1 between 2.
- First Aid - strapping for blisters is the main thing. A small personal pack including medication for blisters, headaches, stomach upset, aftersun, personal drugs. For people on special drug treatments please bring spares and/or a list of their brand names/contents. Total sun block cream for glacier travel. Lip salve. Ear plugs for a quiet nights sleep in huts if other people are snoring!
- Rock Boots, for harder route or valley climbing
- Passport
- Insurance certificate
- E111

Bring these items if you have them:

- Climbing Equipment - essential pegs and bolts are usually in place, but sometimes you need to fill in with your own runners. Depending on the route, a set of rocks, 3 friends, 6 quick-draws, 2-4 ice screws.
- Ice screws (1 - 2) – min 20 cm. Each person should ideally have one ice screw min 20 cm. These can form the essential item for constructing a belay to perform crevasse rescue. They should therefore be carried on the harness.
- 50 metre UIAA single rope usually 9-10mm as they are most versatile for glacier travel and easy routes. A 9mm on its own is acceptable for glacier travel, and double 9mm's are best for harder routes.
- Guidebooks Maps, Compass
- Bivi bag if you wish to bivi
- Overtrousers, Must have long zips so that they can be put on and off when wearing crampons

### Boots and Crampons

Make sure that your boots fit your feet and your crampons fit your boots. Check your crampons have been assembled correctly with the crampon straps correctly fitted and the buckles on both sets of straps on the outside of the foot. Also make sure that the straps will not be too short when you have gaiters on. Quick-fit bindings on rigid boots are suitable, providing they are adjusted correctly and have a safety strap around the ankle. Crampons should be fitted with anti balling plates. Essentially the boots must have a sole which is rigid enough to take crampons; if the sole flexes more than the crampon, there is a danger they will fall off.