



EQUIPMENT LIST FOR ALPINE ACTIVITIES

Clothing

- Walking boots in good condition are **essential**. Shoes are not acceptable
- Waterproof jacket and waterproof trousers.
- Comfortable socks – wool is best
- Hard wearing trousers. **Jeans must NOT be worn** - they retain no warmth, are very uncomfortable when wet and are very slow to dry.
- Clothing suitable for the weather conditions:
 - T shirt & shorts if hot or
 - trousers and jumper/fleece if cold
- Spare clothing - don't forget that the weather can change very quickly in the mountains. Even if the weather is good, you should have some warm clothes.
- A pair of gloves or mittens.
- Neckerchief and hat - for protection against the elements.

Rucksack

- Lightweight and water-resistant. Always wrap things inside the rucksack in plastic bags.

Other Personal Items

- Sunglasses, sun cream (protection factor of 15+) and lip salve. These are **very** important if you are hiking on snow.
- Food for the hike and extra food for emergencies (chocolate, dried fruit etc.)
- Full water bottle.
- First aid kit, with any special medications.

Useful extras

- Whistle
- Penknife
- Camera and binoculars
- Sheet sleeping bag, if staying in a hut
- Torch
- Gaiters
- Pen and paper
- Identification card

Group Items

- Money for transport, huts and emergency.
- Maps and compasses.
- Complete first aid kit.

