

International Mountain Leader Winter

Items in **blue** are available to borrow from our stores. However, supplies are limited so we recommend you bring your own kit if possible. Any borrowed items are subject to availability.

We can lend avalanche transceivers by prior arrangement only for your training course. Please note we cannot provide snowshoes, these will need to be hired by yourselves before the course begins.

Personal Clothing

- ☐ **Waterproof jacket** with a hood.
- ☐ **Waterproof overtrousers** or salopettes, ideally with long side zips for putting on whilst wearing snowshoes.
- ☐ **Winter mountaineering or snowshoe boots**
- ☐ **Snowshoes.** These can be hired locally, and we will discuss their use on the course, so you know what to buy.
- ☐ **Walking trousers** of a 'technical' quick drying material; softshell are great as they block out the wind, and thermal trousers are great on cold days.
- ☐ **Wicking and thermal base layers**
- ☐ **Synthetic mid layer.** Cotton performs very poorly in bad weather.
- ☐ **Warm layers** such as a fleece.
- ☐ **Insulated jacket.** A large warm jacket to wear whilst stationery is useful. Synthetic or down for the Alpine climate.
- ☐ **Walking socks**
- ☐ **Hats and waterproof gloves.** At least two pairs are essential and dexterous enough to put snowshoes on wearing them.
- ☐ **Sunglasses.** Essential for the glare from the snow.
- ☐ **Gaiters** (optional).

Personal Kit

- ☐ **Rucksack.** A regular pack is fine, but a ski rucksack is better as it opens from the front and back and has a separate compartment for shovel and probe.
- ☐ **Drybags** for keeping warm layers dry in poor weather.
- ☐ **Mobile phone and a way of keeping this dry**
- ☐ **Lunch box / bag**
- ☐ **Water bottle / flask.** Hydration tubes rarely function well in winter.
- ☐ **Sunscreen** (high factor).
- ☐ **Midge repellant** such as 'Smidge'.
- ☐ **Small personal first aid kit** including plasters for blisters. Please remember any personal medication you may need.
- ☐ **Headtorch and spare batteries**
- ☐ **Adjustable ski or walking poles**
- ☐ **Shovel** with UIAA standard.
- ☐ **Probe** with UIAA standard and minimum length 240cm.
- ☐ **Transceiver.** We recommend a digital one that can manage multiple burials and have a mark and group check function. Please get in touch ahead of time if you need to arrange to borrow one.
- ☐ **Map.** The area may vary; you will be told before the start of the course which area map you will need
- ☐ **Compass** with a romer on the baseplate and rotating Bezel.
- ☐ **A watch** with stopwatch function for keeping track of how far you've walked - this is much easier to use than a phone.
- ☐ **Map pen.** Staedler permanent Lumocolor or Sharpies work well and are easily cleaned off laminated maps using nail varnish remover or hand sanitiser.
- ☐ **Ice Axe.** This should be a walking/mountaineering axe around 50-60cm length (it's great if you can hide it away in your rucksack). This will be used to demonstrate summer use, which we might not have been able to do on your summer course.

For assessment courses only:

- ☐ **Rope.** A walking rope 30m in length.
- ☐ **Two slings.** (your choice of length).
- ☐ **Karabiners.** 3 x HMS.
- ☐ **Microspikes.** Foot-traction devices designed for walkinmg on non-technical frozen terrain.