



AT THE EDGE MOUNTAINEERING KIT LIST

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Please return form via email or post



AT THE EDGE MOUNTAINEERING
"Your greatest failure is not to try"

KIT LIST – Mountaineering

This is a suggested kit list for your course with ATE Mountaineering. Please feel free to get in touch if you need advice on specific kit or have a question regarding what kit to take.

HILL WALKING & SCRAMBLING

- Rucksack
(30 litre should be sufficient)
- Waterproof rucksack liner
(Purpose made drybag or heavy duty bin liner)
- Thermal base layer
(Synthetic material NOT cotton)
- Lightweight fleece mid layer
- Walking trousers
(NOT Jeans or tracksuit bottoms)
- Spare warm layer
(Synthetic insulation or thick fleece)
- Waterproof Jacket and Trousers
- Mountain boots and socks
(Make sure you have worn the boots before. Stiffer mountain boots are better for scrambling)
- Hat and Gloves
- Sunhat (We might be lucky!)
- Sunglasses
- Small torch/head torch
- Personal First Aid kit + medication
- Lunch
- Water Bottle/hydration bladder
(1 litre minimum)
- Watch
(If possible, with a stopwatch function)
- Money for the pub!
- Note book, Pen & Pencil

CAMPING COURSES

Some of this kit can be shared amongst the group (i.e. Tents and Cooker) which we can sort out.

- Sleeping Bag
(Mummy style with a comfort limit of 0°C)
- Sleeping Mat
(Full length foam or inflatable mat)
- Tent
(3 Season mountain tent. Look for DofE recommended tents)
- Plastic Mug & Bowl
- Spoon/Spork
- Gas Cooker, Pots & Gas
- Food for duration
- Spare clothes
(Complete change of dry clothes + Socks)
- Small wash kit & Toilet Paper
(Toothbrush & paste, Small hand towel & soap, small bottle of Talc etc keep it small, there are no showers!)

OPTIONAL EXTRAS

- Gaiters
- Walking Poles
- Camera
- Flask
- Small pocket Knife
- 1:25,000 scale map with case
(of the area the course is being held)
- Silva type compass

RECOMMENDATIONS:

I understand that you may not have all the equipment on this list and may have to go out and buy some of the more specialist items. For that reason, I have included a few websites below to search through for kit. Don't let not having the kit ruin your chance to have an adventure with me in the mountains!

- **Alpkit** (Great value! Sleeping bags, Clothing, Camping Cookware)
- **Cotswolds**
- **Taunton Leisure** (Local Somerset/Devon store)
- **EpicTV Shop** (European shop with some good deals occasionally)
- **Snow & Rock** (Price match from other UK stores. Read their Ts & Cs)
- **Go Outdoors** (Price match from other UK stores beating price by 10%. Read their Ts & Cs)
- **Decathlon** (Another EU shop with some very good deals and cheap gear)