

Smiler Cuthbertson

Alpine Training

Suggested Equipment List

You MUST have:

Warm shirt	Head torch (& spare batteries/bulb)
Thin jumper	Snow goggles
Duvet (or a fleece) jacket	Rucksack (40/50 litre)
Goretex waterproof jacket	Harness
Thermal underwear	Crampons
Fibre pile trousers (or WARM salopettes)	Ice axe
Balaclava	Helmet (UIAA standard)
Thermal gloves or similar	Prussic loops (2)
Dachsteins (heavily woven wool mitts) - NOT ski gloves	
Overmitts	Goretex bivy bag / survival bag
Long woollen socks	Flask and sandwich box
Gaiters	Insurance (BMC or equivalent)
Goretex waterproof overtrousers	
Plastic (double) boots - good quality leather ones are OK - but not the best (or warmest) when wet	

If you have the following please bring them along:

Karabiners (4 snap; 3 screwgate)	File (for crampons)
Belay plate	Ropes (min. (single rope) diameter)
Ice screws	Assorted slings and friends
Rock pegs	1 x 8 foot tape + 2 x 4 foot tapes
Deadman	Abseil cord (6mm)
Ice hammer	

Smiler will also have other technical equipment as necessary, eg:

Avalanche transceivers (if required), kisu (group shelter), first aid kit, group ropes (50m x min single rope dia), compass, GPS, mobile phone, map and guidebooks.

Do discuss your gear requirements with Smiler - some items can also be hired as necessary.

Smiler Cuthbertson, Strone Cottages, Dores, Inverness shire, IV2 6TR
tel/fax: 01463 751230 mobile: 07792 391582
www.smilercuthbertson.co.uk smiler@smilercuthbertson.co.uk