

Smiler Cuthbertson

Snowcraft Course

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)
Long woollen socks	Flask and sandwich box
Overmitts	Insurance (BMC or equivalent)
Thermal gloves or similar	
Dachsteins (heavily woven wool mitts) - NOT ski gloves	
Gaiters	
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:

Karabiner (1 screwgate)	Ropes (min. (single rope) diameter)
1 x 8 foot tape	Ice screws (one)
Deadman	Goretex bivy bag / survival bag

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

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

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

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