



WINTER MOUNTAINEERING



Based on the MCofS Winter Check List card

Essential Personal Kit:

Winter Boots – Stiff Soles

Waterproof Jacket

Waterproof Trousers

Base layer – Thermals

Fleece/Midlayer

Spare Layer

Woolly Hat and Scarf/Buff

Gloves – at least 2 pairs

Gaiters

Watch

Crampons – Fitted to boots

Walking Axe – For your size

Torch (Preferably a headtorch)

Map and Compass

Food (+ emergency rations)

Mobile Phone

Sunglasses

Survival Bag

Water

Group Kit:

Group Shelter

Shovel

First Aid Kit

Don't just assume they have it. Ask or take it yourself.

Desired Kit:

Hot Drink

Walking Poles

Ski Goggles

Camera

Remember:

- Make sure people know your plan and roughly what time you are getting back.
- It is very easy to overheat when walking in winter. Using many layers is always better than one thick layer.
- When you stop walking you get cold very quickly.
- Make sure you are aware of the weather and avalanche forecast. Ask around and someone will know.
- It gets dark early – Make the most of the light and don't be surprised to be walking in the dark.