

frost guiding

Alpine summer kit list

This Kit List is only intended as a guide – if you have questions about kit please ask!

As a Frost Guiding client you have a **15-20% discount** when buying kit through **V12 Outdoor** (<http://www.v12outdoor.com/article.php/41/>). They can also give excellent advice on what kit to buy.

Introductory Alpine / Trekking Peaks / Italian Haute Route / Oberland Odyssey

Waterproof Jacket and trousers Lightweight materials – Paclite – are ideal. Trousers should have full length zips so they can go on without removing boots/crampons

Clothing Layering systems work best. Lightweight, long sleeve and light colour base layers, mid layers plus fleece jacket. Soft shell/mountain trousers, thin base layer for cold days.

Duvet Jacket Synthetic or down, to fit over other layers (Arcteryx Atom LT or similar)

Boots Leather or fabric, crampon compatible (B2 minimum) and comfortable!

Rucksack 30-45 litres is plenty. Should have ice axe attachment.

Axes*, **crampons*** Mountaineering axe – DMM Cirque – is better than technical tools. “All-round” crampons (Petzl Vasak/Grivel G12) are better than technical ice climbing types. Crampons must fit your boots! Take your boots with you when you buy crampons. You *must* have anti-balling plates.

Belay device, 3 screwgate carabiners, 2 slings & own crevasse rescue kit (if you have it)

Gaiters Keep the snow out and laces in! Short gaiters are fine.

Helmet* For rocky routes, crevasse rescue practice, etc

Headtorch Petzl Tikka type is fine, and very lightweight

Hats Warm hats must fit under your helmet. A sun hat is a good idea for walk-ins.

Sunglasses Must be minimum Category 3, but 4 is better. Julbo make good not too expensive models.

Gloves Scottish winter gloves are fine, lighter “work” gloves are good for technical routes.

Water bottles Bottles are best, Camelbaks are ok but you must also have a bottle! Nalgene type (wide neck) bottles are good, and easy for huts to fill with hot tea. A small flask is handy if you want warm drinks on the hill.

Harness* This can be lightweight – Black Diamond “Bod”. You must be able to put it on over boots. 1/2 screwgate carabiners and slings if you have them.

Walking sticks Personal choice – bring them if you like them

Suncream, blister kit, personal first aid/medication.

Sheet sleeping bag, ear plugs Many huts insist on sheet bags. Ear plugs help in huts.

Technical gear (*) can be hired if needed.

For Mont Blanc and Monta Rosa courses

All the above plus:

Ski Goggles – often useful on summit day

Duvet Jacket - A warmer duvet (Arcteryx Atom or similar)

Small Flask

Warm Gloves for summit day

For Intermediate / Advanced Courses

All the above plus:

Rock climbing shoes – comfy, for long routes.

Technical Axes/Crampons - Essential for North Faces weeks

B3 Boots Essential - for North Faces weeks

B2 Boots – arguably better than B3 for Matterhorn/Eiger/technical rock