

## Mountain Skills Week Kit List

**Please note that these are the essentials. Some things such as tents, stoves, pans etc can be shared between the group and this can be arranged before we leave the training base after the weekend.**

### General Kit:

Boots  
Socks (comfortable & warm)  
Base Layer (thermal if possible - depending on the forecast)  
Trousers (outdoor type if not track suit bottoms) & spare pair if possible.  
Fleece tights (optional)  
Mid layer top (fleece if poss. or sweat shirt or rugby style top)  
Waterproof jacket & over trousers  
Hat & gloves  
Spare warm top  
Clothes for evening (warm)  
Towel & washing kit  
Rucksack (35l-55l)  
Tent  
Sleeping bag  
Gas stove (and fuel)  
Pan/s  
Mug  
KF&S  
Flask (optional)  
Drink bottle  
Torch (head torch if poss.) & spare battery  
Compass  
First Aid kit if you have one  
Note book & pen

### Food:

We will have the opportunity to stop at a supermarket on the way to North Wales from the Peak District to pick up necessary supplies. Alternatively bring some suitable food for the night out in the hills.

All you need to cover are your lunches for every day on the hill, Monday evening in the Bunkhouse and Tuesday evening out on the hill. The group often opts to eat out on the Monday at the local pub but this is optional of course!