

# MOUNTAIN LEADER TRAINING

KIT LIST 2019

- Filled in logbook
- Walking boots
- Thermal and spare layers
- Midweight fleece layer
- Warm hat and gloves
- Sun hat and glasses
- Climbing helmet
- Gaiters
- 30m hillwalking rope
- Expedition rucksack (50-60l)
- Day rucksack (30-40l)
- Dry bag or rucksack liner
- Notebook and pen
- Flask and water bottle
- OS Map and case
- Compass
- GPS (if you have one)
- Stop watch
- Personal first aid kit
- Head torch and spare batteries
- Orange survival bag
- Personal sleeping bag and mat
- Plenty of food and drink
- Eating utensils
- Tent\*
- Stove and fuel\*
- Toiletries (inc sunscreen & insect repellent)



\* Where possible we advise sharing these items

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