



Summer Kit List

Most of the items listed below are essential, without these items we may not be able to take you on the hill.

If you are unsure about any of the items on this list, or would like advice on buying kit then call for a chat on 07849548821 or email Hello@allaboutadventure.co.uk

Clothing

- Long sleeve thermal base layers. (Not cotton)
- Walking trousers
- Walking socks (Not Cotton)
- Warm fleece tops
- Woolly hats and buff.
- Waterproof jacket and trousers
- Gaiters
- Gloves (as many as possible) 1x waterproof pair, then several pairs of cheaper fleece gloves to change when they get wet.
- Walking Boots:
- Insulated jacket (primaloft is better than down)

Equipment

- 35-50lt rucksack + water proof liner bag
- Head torch + Batteries
- Map case and compass
- Walking poles (optional)
- Plastic survival bag
- Variety of dry bags
- Food and drink
- Thermos flask (optional)
- Small personal first aid kit
- Emergency warm clothes

Summer camping Equipment

- Tent
- Sleeping bag
- Sleeping mat
- Stove and pot
- Enough food and drink for the duration of your course

Mountaineering and climbing courses

Clothing and equipment as above, if you have any of your own climbing equipment bring that along

- Climbing shoes (where appropriate)

Available to borrow free of charge

- Harness
- Helmet
- Chalk bag
- Climbing equipment and ropes