



Alpine Summer Kit List

Rucksack For the alpine summer use a rucksack of 35-45 litres is sufficient.

Boots For summer alpinism above the snow line a rigid B3 leather boot is ideal, giving a good balance between weight, durability and performance. E.g. La Sportiva Nepal Evo etc

Socks You will need a thick pair of socks which ensure a good fit with your boots, and some spares.

Gaiters A pair of short gaiters prevent snow getting into your boots, for comfort it's a good idea that these are breathable.

***Crampons** A pair of 12 point crampons with a crampon bag. Anti-balling plates are essential. These need to be both suitable for your boots and must fit properly prior to going out on the hill e.g. Edelrid Shark.

***Axes** For classic alpinism a single mountaineering axe which is 55-60cm. For more technical ascents you will need 2 axes, 1 with an adze and 1 with a hammer. These should be about 50cm long and have leashes or some sort of bungy tether e.g. Edelrid Riot.

***Helmet** Make sure it fits properly over your hat e.g. Edelrid Shield II or Edelrid Shield Light

***Harness** A design with adjustable leg loops and waist is preferred as it will be much easier to put on and adjust as layers are changed during the day. E.g. Edelrid Creed, Edelrid Orion.

***Climbing Hardware** Your Instructor/Guide will provide technical equipment as required. Please feel free to bring your own technical gear along and we can advise as to its suitability. Each individual client will need a belay plate, a 120cm sling, 2 prussiks, and 3 screwgate karabiners.

Approach Shoes Handy for short hut approaches and simple routes, trainers are nearly as good.



Rock Boots Rock shoes that a suitable (read comfortable) for long multi pitch climbs.

Goggles Useful if attempting higher summits in the spring and autumn in cold conditions e.g. Mont Blanc, Monte Rosa etc

Sunglasses, sun cream and lip balm Essential, factor 30+ and glasses that are Category 3 or 4.

Sun Hat Again essential to protect you from dehydration or sunstroke/heat exhaustion in the mountains.

Small Wash & Hut Kit Keep it light for on the hill, e.g toothbrush and small tube of toothpaste. Also earplugs for huts and a silk sleeping bag liner.

Water bottle It is important to stay hydrated out on the hill and as such we recommend carrying a water bottle of 1 litre capacity e.g. Nalgene or similar.

Compass and Maps Your guide will have maps of the local area but feel free to bring one. It's a good idea to protect this paper maps with a suitable case e.g. Ortlieb. I would recommend a Silva Type 4 compass.

Head torch (and Spare batteries) A halogen or super bright LED type head torch is best. The start of many alpine routes often takes place in darkness. I am currently using a Petzl Myo XP.

Waterproof jacket and trousers Light weight and breathable models are best as they will frequently be in your rucksack. E.g. Haglöfs LIM II Jacket, LImm II Pant, Spire Jacket, Spire Pant.

Thermal base layer A thin synthetic or wool thermal top is essential, a light colour preferred e.g. Haglöfs Active Cool Roundneck, Actives Cool Zip Top.

Fleece and/or Softshell Having a good layering system will greatly improve your comfort. As a general guide a single thin fleece layer for your upper body and a thin softshell is ideal e.g. Haglöfs Bungy Jacket, Ultra Hood.

Mountain Trousers A good pair of softshell trousers will normally be sufficient for alpine climbing e.g. Haglöfs Schist or Flint. Some people like to combine them with a thin synthetic long john – for me that is usually simply too warm.

Gloves A thin softshell glove, or a thin leather pair for everyday tasks. These should be combined with a thicker insulating ski type glove e.g. Haglöfs Helix II. For ascents of high peaks in the spring and autumn another warmer glove or mitten is a useful addition.

Hats A warm beanie or similar hat is essential for early starts and cold conditions. This should be of a simple design that fits easily under a helmet and looks cool.

Shorts and T-Shirt Handy for warm hut approaches.

Mobile phone and waterproof case Some people choose to carry their mobile phone despite reception being poor on the hill. It is definitely worth ensuring that you have some sort of waterproof case/bag.

Trekking poles These are not essential but for some big days they will help to reduce the hammer on your knees on hut approaches. If you do bring them make sure they can be taken apart (we recommend flick locks) and fit **inside** your rucksack easily.

Insulated Jacket or gilet A synthetic insulated jacket can be an excellent addition bumping up the insulation in cold conditions. A spare fleece will also suffice. E.g. Haglöfs Barrier Vest, Essens Down Vest.

Documents, Wallet & Passport You will nearly always need this, especially in Switzerland. It's also wise to carry with you details of your insurance policy and assistance number, European Health Card etc.

** Items marked with a star can in some cases be loaned from James Thacker Mountaineering. There is no additional charge but it should be noted that we have small quantities available – especially when working in the alps. Crampons, axes and boots can be hired in most major alpine centres if required.*

If you would like advice on the purchase of specialist equipment, please feel free to get in touch for advice. I will always try to give impartial advice to ensure you have the correct equipment. The added benefit of being sponsored by both Edelrid and Haglöfs means that I can advise on the suitability of these products specifically, and have in many cases, contributed to the design process.

For more information check out:



Edelrid <http://www.edelrid.de/en/news/edelrid-sports/>
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