**Winter Personal Equipment list**

* Sunglasses + ski glasses
* Sun screen + lip balm
* Toothbrush
* Toilet paper (A roll of some, not all)
* Spoon, cup & plate
* 1.5L of water
* Thermo flask
* Snacks for in between the meals (Light and dried e.g., nuts, dried fruits, power bars etc)
* 3 lunches for yourself (E.g., sandwich, also light weight)
* Hiking/mountain boots or Snow boots. (Renting is not recommended as the boots may not fit correctly and can result in blisters/injuries. The boots also need to be able to fit crampons.
* 2 pairs of gloves (Thin ones and winter gloves)
* Warm hat
* Scarf or something to put around your face to protect from the cold wind.
* 3 Long sleeve top layers (e.g long thermal shirt, thin pullover, thick pullover or a fleece)
* 3 long trousers (E.g., long thermal underwear x 2 + hiking or ski tour trousers.
* 2 pairs of socks (Thick inner and thin outer to lower friction in your boots)
* Wind and water proof jacket with a hood or a Ski jacket. *Not just for rain and wind protection but also keeps you dry when and if you have to build an igloo or snow cave.*
* Wind and water proof trousers
* Winter/ski or down jacket
* Winter/ski trousers
* Large Backpack minimum of 65L as there is a requirement for all team members to carry a portion of the group food and equipment.
* Headlamp plus spare batteries
* Sleeping Bag (+ Sleeping bag liner to protect the sleeping bag)
* Sleeping mat (When on glacier and snow trips, 2 mats are recommended e.g. 1 inflatable thermal mat and a thinner reflective mat to lay underneath for extra warmth)
* Small first aid kit includes blister plasters, normal plasters, anticipant and any personal medication.

Additional equipment

This will depend on the type of trip.

* Climbing harness (Plus carabiniers, slings of different lengths, spare 2 m x 6 mm cord, prusik and ice screws if required)
* Tent 4 Seasons.(Normally there will be 1 or 2 group tents)
* Ice axe (50 cm + length)
* Crampons
* Avalanche equipment. (LVS Barry fox, probe and snow shovel)
* Snowshoes
* Climbing rope 30 – 50 meters.
* Multi fuel cooking stoves with spare parts.

**Note:**

A lot of the above equipment can be rented or borrowed.