



K7 MOUNTAINEERING SCHOOL

ADVANCED MOUNTAINEERING AND ICE CLIMBING COURSE - CLOTHING AND EQUIPMENT LIST

**NOTE -only items marked in red are available for hire through K7 Adventures
See Equipment Rental form for rental charges.**

CLIMBING EQUIPMENT

- Snowshoes, 1 pair
- Ski Poles, 1 pair
- Climbing Helmet
- Climbing Harness
- Mechanical ascender (Jumar or similar)
- Abseil/Belay Device (lightweight alloy)
- Ice Axe 50 – 55cm
- Ice Hammer 50 – 55cm
- Crampons (twelve point steel crampons)
- Screwgate Carabiner x 2
- Straight gate or wire gate carabiners x 3
- Prussik Loops (1 x 2 metre & 1 x 3m lengths of 5mm or 6mm accessory cord)
- 5 metres of 15mm to 25mm tube webbing climbing tape cut into 1 x 2 metre & 1 x 3 metre length

CLOTHING LIST

- Boots – available for hire. Mountaineering boots should be one full size larger than your normal shoes
- Gaiters- calf length (waterproof preferred) – may not be needed depending on type of boot worn
- Warm Socks – 2 pairs
- Thermal long johns (waist to ankle synthetic or wool, NOT COTTON)
- Fleece/Soft Shell/insulated Long Pants (lightweight, mid layer)
- Thermal Top (synthetic or wool, NOT COTTON, long sleeved)
- Fleece/Soft shell Jacket (long sleeved)
- Warm insulated Jacket (down or synthetic)
- Shell jacket- Waterproof/Breathable. Fully waterproof and seam sealed with hood eg Goretex
- Shell pants/salopettes - Waterproof/Breathable. Fully waterproof and seam sealed eg Goretex
- Beanie x 1 and Balaclava x 1 (Polarfleece or Wool)
- Sun Hat
- Thermal Inner Gloves
- Insulated Mittens or fleece mittens with shell (Must be windproof & waterproof!) or
Fleece/Windstopper/Goretex gloves with shell (Must be windproof & waterproof!)
- Glacier glasses and/or Ski Goggles (Category 4 lenses)



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SLEEPING/OVERNIGHT CAMPING EQUIPMENT

- sleeping bag rated to at least -10 Celsius
- insulated sleeping pad
- tent – can be shared
- camping stove (& appropriate fuel) - Eg MSR whisperlite or Trangia – should be shared with tent mate
- cooking pot/s – should be shared with tent mate
- Matches/lighter
- Bowl, mug, spoon

PERSONAL ITEMS

- Backpack, 70 litres minimum – large enough to carry all your equipment including sleeping bag, sleeping, mattress, stove, fuel, eating utensils and tent
- Waterproof pack liner or garbage bags to keep your contents dry.
- Whistle (Plastic Emergency type)
- Toilet paper
- Hand sanitiser
- Sunscreen (SPF 30)
- Lip Guard (SPF 30)
- Any necessary Personal Medication
- Headtorch & sufficient batteries
- Waterbottle/s (minimum 2 litres total capacity)
- Swiss army knife or multi tool – lightweight

FOOD

- 1st day – lunch, dinner and snacks
- All full days – breakfast, lunch, dinner and snacks
- Last day – breakfast, lunch and snacks.

GROUP GEAR – will be supplied by your guide

- Ropes
- Technical climbing equipment
- Maps
- Compass
- Repair kit
- Snow shovel
- Toilet bags
- First aid kit
- EPIRB
- Phone
- Emergency bivouac bag
- Insulated emergency Pad