



adventurelifelinks
Jen Dickinson
Burgberger Strasse 15,
87549 Rettenberg,
Germany.
m: +49 1627 514508
e: jendickie@hotmail.com
Skype: adventurelifelinks
www.adventurelifelinks.com

Mountain Kit List

Kit supplied by us on courses if required:

- Day sack / Rucksack
- Sleeping bag liners for huts
- Technical safety equipment, Slings, Karabiners, Hill rope, Emergency shelter

Personal equipment recommended:

- Clothing for walking in, lightweight trousers, wicking shirt/top,
- Shorts and t-shirt for good weather days
- Thermal base layers, top & bottom
- Warm clothing, fleece mid layer, top & bottom should weather be inclement
- Good walking socks
- Waterproof jacket, lightweight and breathable
- Waterproof trousers, lightweight with long side zips if possible
- Good footwear, lightweight comfortable boot with ankle protection
- Gloves, thin inner pair and warmer waterproof pair (ski type)
- Warm hat
- Spare fleece/warm top
- Gaiters, (personal choice - not always necessary in Alps)

Useful personal items to bring along:

- Water bottle or hydration system
- Sun cream, sun block, lip cream (high factor when on water)
- Sunglasses with retaining strap & sun hat
- Personal medication & blister kit
- Photocopy of European health card & passport to carry with you at all times
- Small wash kit inc small pack towel for overnight hut stays
- Small first aid kit inc blister kit *
- Flask *
- Map case *
- Dry bag rucksack liner *
- Walking poles *
- Head torch for hut stays * & batteries

Possible extras:

- Ear plugs for huts
- Swimming costume

* Items are available for hire from adventurelifelinks, see hire kit PDF for full list and prices.