

**Daysack 38ltr to 55ltr – fully water-proofed on the inside with water-proof cover on the outside:
(Contents)**

1. 4ltrs of water (x2 1ltr capacity bottles plus x1 2/3ltr capacity bladder with drinking straw.)
2. Personal first aid kit (Personalised to you. To include solutions for skin problems, sore throat, chest infection, dry eyes, pain relief and blister management.)
3. Snacks (To boost morale and short term/long term energy release.)
4. Water-proof trousers with full length zip (Breathable.)
5. Water-proof jacket with hood (Breathable.)
6. Warm wind-proof jacket/fleece/midweight down jacket with hood.
7. Warm and water-proof gloves.
8. Neck warmer to cover neck and mouth, and warm hat.
9. Spare long sleeve base layer.
10. Sunglasses (x2 pairs.)
11. Sunscreen/cream (Minimum 30SPF.)
12. Sun hat (Wide brim that also covers the neck.)
13. Whistle.
14. Tape for temporary repairs of clothing.
15. Needle and thread for temporary repairs of clothing and sleeping bag.
16. Toilet kit pack (wet wipes, hand sanitiser, toilet paper.)
17. Head-torch/batteries/spare batteries.
18. Electrical device power charger with appropriate leads.
19. Camera/batteries/spare batteries.

Duffel bag 80ltr to 120ltr – fully water-proofed on the inside: weight limit 15kgs (Contents)

1. Sleeping bag and mattress (4 season sleeping bag with a blow-up mattress no more than 5cm depth.)
2. Fleece liner for sleeping bag.
3. Spare clothing i.e. underwear, base layers, trousers, shorts, belt, socks.
4. Wash kit
5. Personal medication
6. Spare snacks
7. Clothing for summit night

Notes on specific clothing items:

- Boots and sock combination (Worn in and reliable alpine boots with socks that you know will operate well in cold and hot foot conditions on the hills.)
- Walking poles (A pair that have quick release clamps and the handle grips are comfortable.)
- Daysack (38ltr to 55ltr with a comfortable back frame, shoulder straps, chest strap and waist belt.)
- Duffel bag (80ltr to 120ltr as a soft shell without any hard frame or wheels.)
- Base layers: short sleeve and long sleeve
- Walking trousers
- Walking shorts
- Down jacket to wear in the evening
- Socks: enough for a fresh pair each day
- Summit clothing: Six torso layers to be worn on summit night including 1) x3 Base layers 2) Gillet 3) Midweight down jacket 4) Outer weatherproof jacket. Two leg layers to be worn on summit night including 1) Base layer 2) Water-proof layer 3) Gaiters as preferred