

Not About The Summit

Winter Kit Check List: for guided days

Use this as a daily checklist for your packing, check the full kit list here:

[Winter Kit List](#)  NATS Kit List Winter.docx

Essential items

- ☐ Boots
- ☐ Crampons
- ☐ Ice Axe
- ☐ Helmet
- ☐ Ski goggles
- ☐ Head torch
- ☐ Waterproof Jacket
- ☐ Waterproof overtrousers
- ☐ Map folded ready for the day and in a map case attached to your pocket
- ☐ Compass attached to your jacket pocket
- ☐ Insulating layers
- ☐ Hat - a big woolly one!
- ☐ Scarf/snood/hood and/or balaclava
- ☐ Gloves to wear
- ☐ Spare gloves
- ☐ Food and drink for the day
- ☐ Personal medication and first aid
 - ☐ Plasters
 - ☐ Blister plasters
 - ☐ Basic medication e.g. pain relief, allergy relief etc.
 - ☐ Personal medication e.g. Asthma inhaler, Epi-pen, routine medication etc.

Optional but recommended items - see [Winter Kit List](#) for full advice

- ☐ Gaiters
- ☐ Sunglasses (as well as, **not** instead of ski goggles)
- ☐ Trekking poles
- ☐ A towel and spare clothes and shoes to leave at base/car in case of needing dry clothes on return from the activity (**depends upon weather, hopefully not needed!**)