

2010 Winter Meet Kit List

The following items of kit are recommended for **all** courses:

- Walking Boots (e.g. Vakuum/Makalu/Cumbre/Phantom Lite)
- Gore jacket with hood (e.g. Marmot Spire /RAB Vidda)
- Gore trousers (e.g. Montane Venture pants /Karakorum pants)
 - Alternatively:
 - Non-Gore jacket with hood (e.g. Sprayway Hydrolite)
 - Non-Gore trousers (e.g. Sprayway Hydrolite)
- Base layer top & leggings (e.g. Icebreaker top & tights 200 weight)
- Softshell jacket (e.g. RAB / Marmot) or lightweight insulated jacket (e.g. Berghaus)
- Softshell/walking trousers (e.g. Mountain Equipment Guide Pants)
- Down jacket (e.g. Mountain Equipment Lightline)
- Gaiters
- Goggles (or good wraparound sun glasses)
- Socks (e.g. Teko)
- Gloves – plus spares (e.g. Lowe Alpine Powerstretch liner; OR Meteor Mitt; OR Acti Mitt)
- Warm fleece hat
- Backpack, size 30-50ltr (e.g. Lowe Alpine Mountain Attack/Deuter Act Lite)
- Rucksack Liner or Roll Top Waterproof Stuff Bag
- Head Torch (e.g. Tikka XP) – plus spare batteries
- Personal First Aid kit (e.g. Adventure Medical ultralight 0.7ltr)
- Water (2 or 3 litre Camelbak or Platypus)
- Watch
- Whistle & Emergency Survival Bag (see note)
- Snacks
- Map & Compass (Silva type 3 or 4)

OPTIONAL EXTRAS

- Trekking Pole(s) (e.g. Softlite AS/Peak XL)
- Mobile Phone (in waterproof case)
- Camera
- Flask with hot drink

For the **Ice Climbing & Winter Mountaineering** courses, please bring your own helmet & harness. If you own an ice axe & crampons, please also bring them.

For the **overnight courses** a sleeping bag liner is recommended (e.g. Sea to Summit Thermolite).

Great Outdoors will be offering a 10% discount on all kit on production of Mountaineering Ireland card. At the Winter Meet Information evening (20 Jan 2010) and for **one week** after, a discount of 20% will be offered to all Winter Meet participants.*

** Please note: this offer is not applicable to online sales – please place your order via mail order (01 679 4293) if you are unable to visit the store in person and would like to avail of the 20% discount.*

NOTE ON BOOTS

Boots are probably the most important item of mountaineering equipment. Good boots are essential for safety and comfort and should be chosen with care and advice with an eye to their intended use. Boots for the Winter Mountains are classed as 4-Season boots and, for anything but occasional use, are essential. A 4-Season boot has to be warm, waterproof, provide good ankle support and have a rigid sole. Any boot will, to some degree be a compromise – one which is good for using with crampons on steep ice may be less comfortable for walking long distances, while a flexible and perhaps comfortable boot may be unsuitable for use with crampons.

NOTE ON CLOTHING

All clothes should be of wool or synthetic material. Cotton is not recommended as it does not retain its thermal properties when wet and takes an age to dry out. A layering system should be used to control body temperature as weather in the mountains is very changeable and your level of activity/exertion can be anything from idle to very strenuous. Ideally not any one layer should be very heavy or bulky, this will minimize the chance of being too warm with the heavy layer on and being too cold without the heavy layer on, without having an alternative. A spare layer should be slightly larger than the layers you are wearing; this will enable you to put it on over your existing clothing without having to remove clothes (useful in inclement weather). Remember that it is likely that the weather will be colder and generally worse (wetter and windier) in the mountains.

NOTE ON EMERGENCY EQUIPMENT (WHISTLE & SURVIVAL BAG)

The cost of both of these combined, will be less than 10euros. The survival bag is made of polythene (basically it's a big orange bag made of very durable plastic), but can be a lifesaver in an emergency situation.

NOTES ON CRAMPONS

Crampons: Adjustable step-in articulated crampons are recommended but can only be used if boot is stiff enough, if not, a strap-on flexible crampon should be used.

NOTES ON GLOVE SYSTEM

Glove System: 3 layer glove system works well: (i) basic glove, (ii) larger waterproof heavy duty but dexterous glove that will fit over basic glove, (iii) large waterproof mitt

NOTES ON ICE AXE

The ice axe for winter mountaineering can prove to be the most versatile and essential tool in many situations. A general purpose mountaineering axe of a suitable length with some design of removable leash is strongly recommended over the smaller technical climbing axe.

AND REMEMBER....

Having the so called best, technical and probably most expensive equipment may seem, to some, like an answer to extending your comfort and survival within the mountain environment. Undoubtedly some types of equipment and clothing may prove to be more functional and suitable over others. Brand marketing will go a long way to persuade us of this fact but it must be remembered that it will be the users training, condition and overall ability that will determine the outcome of any venture into the mountains whatever the conditions.