

"THERE'S NO SUCH THING AS A BAD WEATHER, ONLY INAPPROPRIATE CLOTHING" RANULPH FIENNES

# WINTER ALPINE SKILLS KIT LIST

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We get it... it can be quite daunting when looking at the kit requirements for a trip like this. The good news is if you're an outdoor enthusiast or have skied before then you're likely to have quite a lot of this kit. If not it might seem like an investment at first but once you've got the kit your set for other popular mountain routes like Gran Paradiso, Mont Blanc, Matterhorn, the Eiger and the Monte Rosa Spaghetti Tour.

Below is a list of our recommended kit for your trip.

You can find more detailed information below and what that looks like on the trip page here. As always, if you have any questions or concerns then drop us a message.

## KEY CLOTHING ITEMS

### SUMMARY:

- **Hard-shell Waterproof shell jacket (GORE-TEX or similar)**
- **Down or Synthetic warm jacket**
- **Mid layers (fleece or similar)**
- **Base layer tops long sleeve x2**
- **Cotton T-Shirts x1**
- **Hard-shell Waterproof shell trousers (GORE-TEX or similar)**
- **Soft-shell Mountaineering / trekking trousers**
- **Base layer leggings**
- **Warm hat**
- **Sun hat**
- **Buff**
- **Sunglasses (Cat. 4 ideally with side covers)**
- **Ski goggles**
- **Thin softshell gloves**

- Thick warm waterproof gloves
- Mountaineering backpack (40L)
- Copy of passport and insurance policy
- Travel clothes
- Credit card / cash for personal expenses
- Water bottles x 2
- Toiletries
- Earplugs
- Sunscreen SPF 50+
- Lip balm SPF 30+
- Sleeping bag (Lightweight / Temp -5)
- Headlamp plus spare batteries
- Camping plate, fork and cup
- First aid kit and relevant medication
- Camera
- Mobile phone (optional power bank)
- Snacks (bars, gels, dried fruit)
- B2 or B3 Graded mountaineering boots
- Trail shoes / hiking shoes (optional)
- Warm socks (Merino wool is ideal)
- Ice axe
- Crampons
- Climbing helmet
- Alpine climbing harness & Locking carabiners x 2

- **Collapsible trekking poles**

## TOPS

- **Hard-shell Waterproof shell jacket (GORE-TEX or similar)**

A hardshell jacket of Gore-Tex, or similar standard, is one of your key pieces of kit. Make sure it's big enough to put over multiple layers and that it comes with a hood. You'll use this if the weather becomes a little wild and you need protection from wind and rain. Something like: The 'Hodr', 'Grim' or 'Odin' Jottnar hardshell jacket.

- **Down or Synthetic warm jacket**

A warm jacket is essential for staying comfortable in cold alpine conditions. Whether you choose down or synthetic insulation, make sure it provides excellent warmth without being too bulky. Look for a jacket that fits comfortably over your layers and includes a hood for added warmth. Something like: The 'Thorsen' Jottnar Lightweight Down Jacket

- **Mid layers (fleece or similar)**

There are a few options here depending on your preferences but this layer needs to be a warm thick fleece, a softshell or a light down jacket. This is one of your key insulating layers so something comfortable and technical is recommended. Something like: The 'Asger' or 'Floyen' jackets from Jottnar are ideal.

- **Base layer tops long sleeve x2**

Some long sleeve lightweight mid layers are required as they will be the second piece of your layering system. Something like: The 'Svend' or 'Tyer' from Jottnar.

- **Cotton T-Shirts x1**

It's nice to change into a comfortable cotton t-shirt to relax in at the hut so you can dry out your sweaty base layer from the day!

## BOTTOMS

- **Hard-shell Waterproof shell trousers (GORE-TEX or similar)**



Hardshell trousers of Gore-Tex, or similar standard, are required for this trip. Ideally they come with side zips to provide a little more ventilation when you're working hard. Something Like: The 'Valdyr' from Jottnar works well

- **Soft-shell Mountaineering / trekking trousers**

This is the trouser you will spend a lot of your time in so make sure it's comfortable. Something like: The 'Valen' from Jottnar is ideal.

- **Base layer leggings**

Make sure you've got some full leg, lightweight leggings will keep you warm and toasty.

## HEAD GEAR

You'll need a sun cap, a warm hat that covers your ears and a buff or balaclava. The idea should be that if needed, you can cover your whole face.

- **Warm hat**
- **Sun hat**
- **Buff**

## EYEWEAR

You'll need sunglasses with Cat. 4 sunglasses (ideally glacier glasses with side shields), that provide 100% UV protection. We recommend VALLON Heron Glacier sunglasses. You'll also need some goggles (ski goggles are ideal), that can be easily thrown on if it's windy. We recommend VALLON's Freebirds™ goggles.

*Adventure Base clients get 15% off your first order – [Learn more here](#)*

- **Sunglasses** (Cat. 4 ideally with side covers)
- **Ski goggles**

## HAND GEAR

You will need a thin softshell glove that provide protection in the cooler temperatures and when on the glacier and a thick warm glove (Like expedition shell gloves) that are ideally Gore-Tex or similar.

- **Thin softshell gloves**
- **Thick warm waterproof gloves (GORE-TEX or similar)**

## **BACKPACK**

We recommend a 30-40 litres pack but it all depends on how you light to pack and what you like to bring. It should be large enough to carry all your equipment up to the huts where you can remove certain items before summit days. Something like: The Osprey Mutant 38 Litre

- **Mountaineering backpack (40L)**

## **TRAVEL ITEMS**

- **Copy of passport and insurance policy**
- **Travel clothes**
- **Credit card / cash for personal expenses**

## **GEAR / EXTRAS**

- **Water bottles x 2**
- **Toiletries**
- **Earplugs**
- **Sunscreen SPF 50+**
- **Lip balm SPF 30+**
- **Headlamp plus spare batteries**
- **Camping plate, fork and cup**

- **First aid kit and relevant medication**
- **Camera**
- **Mobile phone (optional power bank)**
- **Snacks (bars, gels, dried fruit)**
- **Sleeping bag (Lightweight / Temp -5)**

Your sleeping bag is your sanctuary after a long day in the mountains. Opt for a lightweight bag rated to at least -5°C, ensuring you stay warm during cold nights without adding unnecessary weight to your pack.

## **FOOTWEAR**

- **B2 or B3 Graded mountaineering boots**

We recommend the use of B3 boots for this mountain adventure. These should be waterproof, warm and sturdy for when you're on the glacier. Top tip if you're buying them, make sure you leave a little room at your toes but not enough so that your heel moves when you walk. It will make for a much more comfortable fit. Something like: The Scarpa Mont Blanc Pro. We recommend booking your boot rental with Concept Pro. If you mention you are an Adventure Base client you will receive 10% off.

To learn more about the correct footwear, check out our 'Let's talk about mountaineering boots' article.

- **Trail shoes / hiking shoes**
- **Warm socks (Merino wool is ideal)**

Trail or hiking boots will be more comfortable on the lower section of the mountain as well as any days you're in the town.

## **EQUIPMENT AVAILABLE FOR RENT ADVENTURE BASE:**

These items are available to rent from Adventure Base. Please request in advance. We use the latest kit from Black Diamond and Petzl meaning you'll be using quality equipment. Win!

- **Ice axe**

You will need one ice axe with or without a strap. Something like: The Black Diamond 'Raven' Ice Axe.

- **Crampons**

You will need some 12-point steel mountaineering crampons with anti-balling plates. Something like: The Black Diamond 'Serac' crampons.

- **Climbing helmet**

While it's highly unlikely anything will fall on you, a head injury can occur. Taking every precaution in a remote environment is important which is why you will need a lightweight climbing helmet. Something like: The Black Diamond 'Vision' Helmet would work well.

- **Alpine climbing harness & Locking carabiners x 2**

This should be comfortable, adjustable and large enough to fit over all clothing. Something Like: The Black Diamond 'Couloir' harness is great.

- **Collapsible trekking poles**

Adjustable poles will help on some of the trekking sections both ascending and descending.