

CCAT EQUIPMENT LIST FOR THE SUMMER MOUNTAINEERING COURSES

<u>Personal Kit</u>	<u>Available for issue</u>
<p>All Mountain Courses</p> <ul style="list-style-type: none"> • 2 thick bin liners – rucksack liners • 5 large freezer bags (packed lunch) • Canteen Money (£15 – £25) • Clothing for evening wear • Wicking Base layer • Mid layer fleece top and trousers • Head torch inc. spare batteries • KFS, mug, plastic plate • Notebook and pen • Padlock and spare key • Pan cleaner • Personal first aid kit and medication • Sleeping bag and pillow • Small tube of sun screen • Sun hat, warm hat, thick gloves • T Shirts for 5 days • Towel, wash-kit and toiletries • Trainers • Underwear for 5 days • Robust Walking Boots (essential) • Walking socks • Walking trousers (not jeans, not DPM) • Flask and water bottle. <p>MLS Courses Only</p> <ul style="list-style-type: none"> • River Crossing Boots • Robust SOSG Belay Gloves 	<p>SMP / ML(S) Courses Only</p> <ul style="list-style-type: none"> • 2 man tent • Expedition Rucksack 60 – 80 litres • Sleeping mat • Survival Bag • Trangia stove & fuel bottle <p>All Mountain Courses</p> <ul style="list-style-type: none"> • Waterproof Top • Waterproof Trousers • Gaiters • Map Case • Compass & whistle • Gloves dachstein • Daysack 25 – 40 litres • Headtorch <p>NB. If you have your own kit from this list and you wish to use it please bring it for your instructor to check it.</p>

Mountaineering Boots. A robust pair of mountaineering boots is essential for the summer mountain courses. **CCAT do not supply boots and you will not be able to participate in the course if you do not have appropriate boots!!**

Baselayer (Thermals). Made from polyester or polypropylene inner layer wicking fabrics. **DO NOT WEAR ANY COTTON ITEMS – WOOL OR POLYESTER ITEMS ONLY!**

Mid-Layer (Thin and Thick Fleeces). Think 'layering' several thinner layers rather than one thick layer/heavy layer. For a top layer the main choices are a heavier fleece or nylon/pertex covered fleeces worn under a waterproof jacket in wet weather.

Mid Layer - Legwear. Wear a combination of poly-cotton trekking trousers and in wet weather over trousers / salopettes. If it is dry and warm the over trousers can be carried.

Socks: Woolen based loop stitch socks are best – buy the best that you can afford.