



Instruction - Guiding - Coaching
JB Mountain Skills
Climbing - Mountaineering - Qualifications

Mountain Leader Kit List

- Maps, OS, OL17 & LR115, laminated or with a map case
- Compass, Silva Type 4 is ideal
- Day pack, approx 40L
- Boots, sturdy mountain boot plus warm socks.
- Waterproof liner or dry bags for rucksack
- Waterproof jacket and trousers
- Gaiters, if you wear them
- A warm jacket
- Walking trousers
- Mid layers
- Hat & gloves plus spares
- Sunglasses, lip balm and sunscreen
- Drinks bottle and flask, plenty of food for the hill
- Personal 1st aid kit & whistle
- Head torch with spare batteries
- Walking poles, not essential, but a great idea.
- Group shelter

- Helmet, if you have one
- Overnight pack, approx 60L
- Tent
- Sleeping bag
- Sleeping mat
- Stove, fuel and lighter
- Spork or similar
- More food!

If you've got any questions or need any advice, please don't hesitate to get in touch!

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