

please find below a list of equipment for our different courses  
this is of course a general guide - please feel free to contact us for further clarification.

## summer

1-3 season walking boots  
walking clothing  
waterproof jacket and trousers  
map, compass  
water bottle  
hat, gloves  
headtorch  
rucksac with waterproof liner  
plastic survival bag  
lunch etc

## summer climbing

rock boots  
harness  
helmet  
belay plate  
technical equipment  
climbing guidebooks

## winter

4-5 season mountaineering boots that will take a crampon  
warm socks  
thermal top  
warm winter clothing  
waterproof jacket and trousers/salopettes  
2-3 gloves including a waterproof/windproof pair  
warm hat  
ski goggles  
rucksack (at least 45 litre)  
flask  
lunch and spare food  
crampons  
technical axes or walking axe  
harness  
helmet

## equipment that James Thacker Mountaineering can provide

ropes  
technical climbing equipment  
helmets  
kisu, and first aid kit  
belay jacket

NOTE: plastic mountaineering boots, crampons and axes can be hired locally if booked in advance. please contact us for details.