

## **Summer mountaineering**

Please contact Mudrock Adventure for all enquires regarding kit.

Email Dennis at [mudrockadventure@gmail.com](mailto:mudrockadventure@gmail.com) or phone 07983 837747.

**Helmet**

**Harness**

**Climbing shoes**

**Belay plate and HMS screw gate**

If you have additional climbing equipment please bring it.

**Clothing suitable for weather conditions**

Layers are good. No jeans or cotton

**Hat and Gloves**

**Waterproof jacket and trousers**

**Walking boots**

**Day sack 30-40L**

**Food**

**Drink**

**Personal Medication**

**Head torch + spare batteries**

## **Winter mountaineering**

**All the summer kit plus**

**Extra hat and gloves**

**Extra warm jacket**

**Walking boots B3**

**Crampons C3 or C2**

**A pair of climbing axes**

**Double lensed goggles**

If you do not have any of the above equipment contact Mudrock Adventure we can assist with hire.