

Use the check list to ensure you bring along the gear specific to your trip.

Try to let us know what you need to rent as soon as possible before you arrive. Get in touch if you have any questions.

3. Required Personal Equipment (not available to rent)

- Headlamp
- Sunglasses - good quality wrap-around
- Water Bottles 2 x 1 litre widemouth (Nalgene)
- Waterproof pack liner
- Plastic survival bag (or bivouac bag)
- First Aid Kit - basic kit, incl blister tape
- Toiletries, including toothbrush sun screen and lip cream
- Leatherman or Swiss tool
- Small pack towel (if you like to wash) or just a towel for use at Unwin Lodge

4. Required Personal Clothing (not available to rent)

- Underwear (2 sets)
- Socks (3 pairs)
- Thermal underwear: 2 x tops, 1 x pants
- Glacier Shirt - quick drying, light coloured (for UV protection)
- Mid-weight fleece jersey
- Insulating jacket: down, synthetic, or fleece (we rent synthetic jackets)
- Warm hat / balaclava
- Climbing trousers: soft-shell are ideal. Light weight trekking pants (worn over thermals) are okay - they must be quick drying
- Waterproof warm gloves x 1 pair - leather gloves are good for rope work
- Light-weight (polypro) gloves x 1 pair
- Sun Protection: baseball cap or legionnaire hat, scarf / neck gaiter (buff)
- Hut footwear - running shoes or sandals / holey soles (must be lightweight)

5. Optional Gear (not essential - but recommended)

- Day pack approx 20 litre, useful for non-mountain activities
- Telescopic hiking pole - bring one
- Compass - bring if you own one
- Rock shoes - bring if you own a pair
- Drinking mug. Supplied in huts - but you can bring your own
- Soft-shell jacket
- Ski Goggles, bring if you own a pair (for white-out conditions)
- Ear plugs - people love snoring in the mountains!

For detailed info on gear and how to select your clothing see the "Gear Guide" on Alpine Guides website.

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Try to let us know what you need to rent as soon as possible before you arrive. Get in touch if you have any questions.

3. Required Personal Equipment (not available to rent)

- Touring Skis, Boots, Skins, Ski Crampons and poles or Snowboard/Splitboard rig
- Headlamp
- Sunglasses - good quality wrap-around
- Ski goggles (for whiteout conditions)
- Water Bottles 2 x 1 litre widemouth (Nalgene)
- Waterproof pack liner
- Plastic survival bag (or bivouac bag)
- First Aid Kit - basic kit, incl blister tape
- Toiletries, including toothbrush sun screen and lip cream
- Leatherman or Swiss tool

4. Required Personal Clothing (not available to rent)

- Underwear (2 sets)
- Socks (3 pairs)
- Thermal underwear - mid weight or heavier: 2 tops, one x pants
- Mid-weight fleece jersey / soft shell jacket
- Insulating jacket: down or synthetic, and 200 weight fleece (we rent synthetic jackets)
- Warm hat / balaclava
- Climbing trousers: soft-shell are ideal (bring gaiters if your trousers do not have snow-cuffs). Ski/snowboard pants with snow cuffs (only for touring trips)
- Waterproof warm gloves (one pair) + Light-weight (polypro) gloves, one pair
- Sun Protection: baseball cap or legionnaire hat, scarf / neck gaiter (buff)
- Hut footwear - running shoes or sandals / holey soles (must be lightweight)
- Small pack towel (if you like to wash) or just a towel for use at
- Unwin Lodge

5. Optional Gear (not essential - but recommended)

- Day pack approx 20 litre, useful for non-mountain activities
- Telescopic hiking pole - bring one - climbing trips only
- Compass - bring if you own one
- Rock shoes - bring if you own a pair
- Drinking mug. Supplied in huts - but you can bring your own
- Sleeping pad - lightweight (if you want to sleep out)
- Bivouac bag - if you want to sleep out. Survival bag will suffice.
- Ear plugs - people love snoring in the mountains!

[For detailed info on gear and how to select your clothing see the "Gear Guide" on Alpine Guides website.](#)