

School of Adventure Studies

Summer hillwalking and winter mountaineering kit list

SOAS course activities are run mostly during the colder months of the year – September to April – so good quality clothing is important! The following recommendations have been compiled based on years of experience.

IMPORTANT NOTE! Cotton materials perform very badly in poor weather, so look for current outdoor brands – synthetic or wool materials recommended.

All essential personal protective equipment is provided when required, such as climbing equipment, harness and helmet, as well as some basic personal equipment for mountain biking, canoeing and kayaking. All of these items are also available to borrow from the college kit store for personal practice. However, many students find that using their own kit is beneficial in terms of personal performance and the ability to practice their skills independently.

If you do not currently own all or any of the equipment below it may be better to wait until the course induction when advice on equipment use, maintenance and purchase can be given.

By shopping around, you may find good prices available – don't forget to check the School of Adventure Studies offer on Cotswold stock. Discounts are available to students in local outdoor shops, and students may be able to arrange larger discounts by making bulk orders.

Summer

Provided by SOAS

- 35 – 45 litre rucksack
- Dry bags
- First aid kit

Not provided by SOAS

- Hillwalking boots
- Hillwalking trousers (no jeans)
- Wicking base layers
- Mid layer fleece/softshell jacket
- Hat and warm waterproof gloves
- Head torch and spare batteries
- Compass – Silva 4
- Waterproof clear map case

- Orange survival bag and whistle
- Midge repellent and sun hat, glasses and cream
- Spare warm clothing
- Waterproof jacket and trousers
- Water bottle

Winter

Provided by SOAS

- Crampons (C1/C2)
- Walking axe (not climbing/technical axe)
- Helmet
- 40-50L rucksack
- First aid kit
- Dry bags
- Snow shovel (not plastic)
- Snow probe (3metres)

Not provided by SOAS

- Hillwalking trousers (no jeans)
- Wicking base layers
- Mid layer fleece/softshell jacket
- Hat, Buff and warm waterproof gloves
- Spare warm clothing
- Waterproof jacket and trousers
- Water bottle
- Snow goggles
- Sunglasses and cream
- Personal flask
- Winter boots (B2/B3)
- Compass – Silva 4
- Digital stopwatch
- Waterproof clear map case
- Orange survival bag and whistle
- Head torch and spare batteries