



## Gear List for First Light Guiding Chicks 'N' Picks

Please email Rose Pearson: [rpears89@gmail.com](mailto:rpears89@gmail.com) if you are unsure of any of the gear. Please ask questions before you arrive. Either email Rose or post a question on our Facebook page.

Group gear (split between pairs):

- 1x half rope
- 2x ice screws

Mandatory gear:

- Climbing harness, belay plate + locking carabiner & climbing helmet
- Technical ice axe & ice hammer
- Stiff mountaineering boots & fitted crampons
- 3x Screw gate carabiners
- 4x Snap link carabiners
- 2x Prusiks
- 4x Slings (ideally 2x 60cm, and 2x 120cm)
- Belay plate & locking carabiners
- 2x Ice screws
- Backpack
- Snow shoes and trekking poles
- Avalanche transceiver, shovel and probe
- Thermals (bottom & top)
- Mid-layer (micro/100 weight fleece)
- Fleece, primaloft or softshell jacket (~200 weight)
- Down/synthetic jacket (belaying – make it warm)
- Goretex or equivalent raincoat and overtrousers
- Gloves (1x warm, 1x dexterous but warm & 1x fingered liner gloves)
- Winter socks
- Warm hat/balaclava

- Spare warm layer
- Gaiters
- Sunglasses/goggles
- Sunblock / lip cream
- Headtorch & spare batteries
- Pocket knife
- Drybag(s) to keep pack contents dry
- Personal first aid gear (strapping tape, painkillers, anti-inflammatories, etc)
- Own food and drink (2l min) for the day

Optional but potentially useful:

- Camera
- Thermos
- More spare clothes
- Sunhat