



A KIT LIST FOR MOUNTAINEERING

<https://www.jamieramsay.net/kit/>

CAMPING

- | | |
|--|---|
| <input type="checkbox"/> Mountain Tent | Vango MTN 2 Tent - LINK |
| <input type="checkbox"/> Sleeping bag capable of -30 | RAB ASCENT 900 Sleeping bag - LINK |
| <input type="checkbox"/> Sleeping bag liner | RAB Silk Liner - LINK |
| <input type="checkbox"/> Compression sack for sleeping bag | Sea to Summit Compression bag for sleeping bag - LINK |
| <input type="checkbox"/> Sleeping mat | Therm-a-Rest NeoAir - LINK |
| <input type="checkbox"/> Foam Sleeping mat | Therm-a-Rest Z-Lite - LINK |

COOKING

- | | |
|---|---|
| <input type="checkbox"/> Cooking Stove | MSR Windburner Stove 1L - LINK |
| <input type="checkbox"/> Gas (need to buy in country of climbing) | |
| <input type="checkbox"/> Metal Spork | Light My Fire Spork - LINK |
| <input type="checkbox"/> Metal Mug | Lifeventure Titanium Mug - LINK |
| <input type="checkbox"/> Dehydrated food | Firepot food - LINK |

HYDRATION

- | | |
|--|---|
| <input type="checkbox"/> Water bottles | Nalgene 1L x2 - LINK |
| <input type="checkbox"/> Water Filter | Sawyer Water Filter - LINK |
| <input type="checkbox"/> Filter compatible bottle | Hydrapak 1L Stow - LINK (Compatible with the Sawyer Filter) |
| <input type="checkbox"/> Electrolytes | HIGH5 Electrolytes - LINK |
| <input type="checkbox"/> Snow bag (makes water melting a lot easier – it takes 5 litres of snow to make 1 litre water) | |
| <input type="checkbox"/> Water Storage | HYDRAPAK 3L Seeker – LINK |
| <input type="checkbox"/> Water Purification tablets | Lifesystems Chlorine Tablets – LINK |

CLOTHING – head

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Beanie | Mountain Equipment Flash Beanie - LINK |
| <input type="checkbox"/> Cap | Arc'Teryx Cap - LINK |
| <input type="checkbox"/> Balaclava | GORE WINDSTOPPER Balaclava - LINK |



- ☐ BUFF
- ☐ Sunglasses
- ☐ Goggles

GORE Neckwarmer/Buff - [LINK](#)

SUNGOD Revolt Goggles - [LINK](#)

SUNGOD Renegade Sunglasses - [LINK](#)

CLOTHING – body

- ☐ Merion Base layer
- ☐ Gillet
- ☐ Technical T-shirt
- ☐ Hoodie or Fleece
- ☐ Insulated Jacket
- ☐ Expedition Fleece Jacket
- ☐ Shell Jacket

Icebreaker 175 Merino top - [LINK](#)

GORE R3 WINDSTOPPER Vest - [LINK](#)

Gore Brand Technical T-shirt - [LINK](#)

GORE Technical hoodie - [LINK](#)

RAB Microlight Alpine Insulated Jacket - [LINK](#)

Mountain Equipment Skyline - [LINK](#)

Berghaus Changtse Waterproof Shell - [LINK](#)

CLOTHING – hands

- ☐ Light windproof gloves
- ☐ Thicker GTX Gloves
- ☐ Expedition Mitts

GORE WINDSTOPPER Gloves - [LINK](#)

The North Face Montana GTX Gloves - [LINK](#)

OR Alti GTX Mitt - [LINK](#)

CLOTHING – legs

- ☐ Non cotton briefs
- ☐ Merino base layer tights
- ☐ Hiking trousers
- ☐ Waterproof pants
- ☐ Insulated Pants

GORE WINDSTOPPER base layer boxers - [LINK](#)

Icebreaker Merino Tights - [LINK](#)

GORE H5 WINDSTOPPER Hybrid Pants - [LINK](#)

BERGHAUS Paclite Waterproof pants - [LINK](#)

Arc'teryx ATOM insulated pants

CLOTHING – feet

- ☐ Thick warm Hiking socks
- ☐ Liner Socks
- ☐ Double Boots
- ☐ Hiking Boots

Bridgedale Heavyweight Merino Endurance Socks - [LINK](#)

Bridgedale Liner socks - [LINK](#)

SCARPA High Altitude Boots -Phantom 6000 or 8000 - [LINK](#)

SCARPA R-EVO GTX boots - [LINK](#)



EQUIPMENT

- | | |
|---|--|
| <input type="checkbox"/> Headtorch | Black Diamond Spot Headtorch - LINK |
| <input type="checkbox"/> Helmet | Black Diamond Vapor helmet - LINK |
| <input type="checkbox"/> Crampons (Size and model depends on boots - LINK) | |
| <input type="checkbox"/> Ice Axe | Black Diamond Raven Ice Axe - LINK |
| <input type="checkbox"/> Axe + Spike protectors | |
| <input type="checkbox"/> Trekking Poles | Leki Micro Vario TA Poles - LINK |
| <input type="checkbox"/> Climbing Harness | Black Diamond Momentum DS Harness - LINK |
| <input type="checkbox"/> Check if you need rope, carabiners or runners | |

BAGGAGE

- | | |
|---|---|
| <input type="checkbox"/> Large Duffle bag | North Face Base Camp Duffle bag (XL) - LINK |
| <input type="checkbox"/> Large Backpack | Osprey Aether 85L - LINK |
| <input type="checkbox"/> Summit Pack | Example - LINK |
| <input type="checkbox"/> Waterproof bags | EXPED Foldable bags - LINK |

ELECTRONIC

- | | |
|---|--|
| <input type="checkbox"/> Rugged battery | Powertraveller Sport 25 - LINK |
| <input type="checkbox"/> Solar panel | Powertraveller Falcon 21 - LINK |
| <input type="checkbox"/> Rugged Battery | Powertraveller PowerGorilla - LINK |
| <input type="checkbox"/> GPS Tracker | GARMIN inReach GPS Communicator - LINK |
| <input type="checkbox"/> Sports Watch | Garmin Fenix 5X - LINK |
| <input type="checkbox"/> Rugged Phone | Land Rover Explore Phone - LINK |
| <input type="checkbox"/> Action Cam | DJI OSMO Action Cam - LINK |

OTHER

- | |
|--|
| <input type="checkbox"/> McNett Tenacious Tape - LINK |
| <input type="checkbox"/> LIFEVENTURE Trek Towel Extra-large - LINK |
| <input type="checkbox"/> P20 SunScreen |
| <input type="checkbox"/> Facemask |



- ☐ Earplugs
- ☐ Lip salve
- ☐ Toilet Paper
- ☐ Spare batteries for headtorch