

## SNOWHOLING

All equipment in **ORANGE** is essential and must be brought.

| EQUIPMENT                    | X | EQUIPMENT                                   | X |
|------------------------------|---|---|---|
| GAITERS                      |   | WINTER GLOVES X 3 PAIRS MIN                 |   |
| TREKKING POLES               |   | HAT X 2                                     |   |
| DAY SAK                      |   | SUN HAT                                     |   |
| DRY BAGS                     |   | SUNGLASSES                                  |   |
| FLASK OR DRINK BOTTLE        |   | SUN CREAM                                   |   |
| LUNCHBOX                     |   | SKI GOGGLES                                 |   |
| ORDINANCE SURVEY MAP 36      |   | STOVE / FUEL / POTS / KFS                   |   |
| COMPASS (SILVA)              |   | WARM SLEEPING BAG (4 / 5 SEASON ESSENTIAL)  |   |
| SURVIVAL BAG                 |   | THERMAREST OR CLOSED CELL FOAM SLEEPING MAT |   |
| PERSONAL MEDICINES           |   | GORETEX OR SIMILAIR MATERIAL BIVI-BAG       |   |
| HEADTORCH                    |   | EXPEDITION RUCKSACK                         |   |
| NOTEBOOK AND PEN             |   | CAMERA                                      |   |
| WATERPROOF JACKET & TROUSERS |   |   |   |
| FLEECE AND / OR DOWN LAYERS  |   |   |   |

## FOOD

You should bring enough hill food for three days on the hill. This should be a mix of foods but with a high level of Carbohydrates and Sugars. Remember you will be burning twice as much as usual. An additional meal/breakfast should be brought for the night in the mountains – Cous cous, rice, porridge or pasta with something to mix into for flavour/calories. Freeze dried meals are also recommended and can be found in any good outdoor store.