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## Kit List - Mountain Leader Training

We're keen to make our courses, and the Mountain Training qualifications, as accessible as possible. Getting set up with all the gear can be an investment; if you need to borrow kit or you're on a budget, we're always happy to help and give advice. There's no judgement made on having the latest or greatest kit, as long as it's in good, serviceable condition. Please do let us know if you need to borrow any kit beforehand so we can help organise it.

\* Can be Provided † Optional

**Personal Kit** - the stuff you would typically pack for any day out in the mountains.

**1:25k Map** - OL17 - Snowdon / Yr Wyddfa Ordnance Survey map is essential. We recommend a laminated map for longevity and waterproofness. If you have an OL18 - Harlech OS map, bring it along also but don't buy one especially.

**Large Scale Map** - either a Harvey's BMC Snowdonia North 1:40,000 Mountain Map (our preferred for personal walking) or the 1:50K OS Landranger 115 - Snowdon / Yr Wyddfa map (most commonly available mapping for UK).

**Map Case** - waterproofed maps in good condition might not require a map case, up to you. We like Ortilieb cases.

**Compass** - a good quality compass that you can rely on. Our favorite is the new style Silva Expedition compass.

**Spare Compass** † - a good quality backup is worth considering.

**Stopwatch** † - for timing nav, any cheap watch with a simple stopwatch will do. There are some very fancy smart watches with integrated GPS. For the purposes of assessment we ask these aren't worn at times to avoid any temptation.

**Headtorch** - we will likely head out at night to teach poor visibility navigation. A good headtorch makes a world of difference. Our favorite is the Petzl Nao, very powerful but adapts so as not to blind you when you look at the map!

**Spare Headtorch / Batteries** † - a headtorch is crucial. Personally, I always carry a spare headtorch as opposed to spare batteries as it's barely any extra weight; most of the weight is in the batteries themselves.

**Water Bottle and/or Flask** - we're big fans of Nalgene (BPA free), Platypus bottles, and Klean Kanteen flasks.

**Food** - we'll have lunch on the hill; so anything quick & easy that doesn't require cooking. Plenty of snacks & treats.

**Personal First Aid Kit** - basic, DIY is best, waterproof! We recommend a whistle, meds & painkillers, tick remover, compression dressing, bandage, zinc-oxide tape, vetwrap, steristrips, non-adherent dressing/clingfilm, safety pins, CPR face shield, gloves, alcohol wipes, Dioralyte, GlucoGel, small blade / scissors, waterproof paper & pen.

**Mobile Phone** - for emergencies and obligatory summit selfies. Think about waterproofing - pockets rarely are!

**Power Bank** † - phones won't get much use over the exped, but bring spare power as needed.

**Sun Stuff** - if we get lucky! Sun hat, sun glasses, sun cream etc.

**Waterproof Liner &/ Dry Sacks** † - personally I tend to just use stuff sacks unless the weather is truly biblical but ensure your kit can stay dry even in very wet weather. Rubble bags are cheap and reusable.

**Day Pack** - around 25-40 litres for all your personal kit, and maybe a bit of shared group kit as needed.

**Personal Clothing** - enough for typical days in the mountains and spares for the expedition.

**Waterproofs** - a good set of top and bottoms, 3-layer membrane such as Goretex, eVent or Paramo style.

**Boots** - properly fitted and broken-in. Sturdy enough to cope with walking off the beaten path, on rough ground, as well as providing control when managing other people confidence roping on wet grass.

**Walking Socks** - synthetic or merino style, with a bit of padding for comfort, and paired to fit with your boots.

**Layers** - a range of underwear, base, and mid-layers to stay comfortable in a range of temps. Ideally synthetic or merino style materials rather than cotton.

**Warm Kit** - we'll be out no matter the weather, stopping along the way more than a typical personal hill day to chat about the environment, emergency scenarios etc. Something like a synthetic belay jacket that can be quickly thrown on over the top of everything at breaks is a great piece of kit to invest in. Otherwise a spare big fleece/jacket.

**Hat and Gloves** - warm hat and gloves.

**Gaiters** † - not essential, but can be nice on really wet days or when walking through boggy ground.

**Exped Kit** - we'll head out on a 2 day expedition, with 1 night wild camping. You may share items with others.

**Tent** - we can be out in pretty full on conditions, so something that will cope with strong wind & rain but isn't too heavy. My personal pick is a Terra Nova Superlite Voyager which is a classic geodesic shape, strong yet light.

**Sleeping Bag** - warm and light, my preference is for synthetic on really wet days where I might worry about down getting damp. If you have the luxury a few different weight sleeping bags for the changing seasons is nice.

**Sleeping Mat** - my personal favorite is the Thermarest Neoair range, light and packable.

**Camping Stove & Fuel** - we're fans of Jetboils and lightweight alcohol stoves in nicer conditions.

**Other Cook Kit** - pots, utensils, bowl, mug, tupperware, lighter/matches, cleaning kit (eco friendly).

**Water Purification** - tablets, filters etc. Bring what you have as it's always interesting for all to see different options.

**Food** - dehydrated stuff is lightest (we'll camp near water), whilst boil in the bag style is quick & convenient. Plenty of snacks & quickbites for eating on the go to stay fuelled throughout the day. Bonus points for gourmet options!

**Exped Rucksack** - a good-sized expedition pack that you can comfortably fit all your personal and a bit of shared group kit for the overnight expedition. No points for carrying a heavy pack, try to pare kit down where possible.

**Midge Net &/ Spray** † - they're not as bad here in Snowdonia as they can be in Scotland! But depending on the season these can be invaluable, particularly in the mornings and evenings in camp when midges can be out in force.

**Toiletries** - eco friendly. Think light, e.g toothpaste shared in group or travel size, toothbrush, wipes etc.

**Toilet Kit** - any bits for toileting hygiene / disposal e.g hand-gel, toilet paper, period supplies, nappy/dog poo bags.

**Waste** - rubbish bags for carrying out any waste.

**Luxury Item** - any nice to haves. A decent travel pillow, sleeping bag liner or sleeping layers, trekking towel, eyemask, earplugs, a good compact camera for photos, hairbrush, headphones, proper coffee setup etc.

**Group Kit** - we appreciate you'll likely not yet have your own, we can provide shelter, first aid, rope and trowel.

**Group Shelter** \* - key piece of Mountain Leader kit. Needs to accommodate the largest size group you'll work with. If you're feeling flush, a selection of different sized group shelters allows a lighter pack on days with smaller groups.

**Group First Aid Kit** \* - a decent sized kit to cover mountain incidents, balancing weight v usefulness.

**Walking Rope** \* - 25-30m in length & around 8.0 - 9.5mm is a nice balance of weight v strength v handling.

**Trowel** \* - we like the Tentlab Deuce. Can be provided.

**Walking Poles** † - I'm a big fan of these for myself; some companies now require leaders to carry a spare set for clients as group kit for particular roles. They are a worthwhile investment in your knees; cheaper than physio!

**Other kit** † - any other personal or group kit you think is good for walking in the British Mountains. If you have any useful resources for teaching or inspiring groups, then please also bring them along.

**Kit for Steep Ground** - for looking at steep ground and ML ropework.

**Helmet** \* - a mountaineering / climbing helmet, bring your own if you have one or we can provide.

**Gloves** - a pair of gloves for hand protection when handling wet slippery ropes, ideally leather/suede palmed.

**Kit for River Crossings** - likely workshopped to allow a quick change into dry kit. Typically done at the end of the exped phase, so pack a small separate bag that can be left in a vehicle during the exped.

**Spare Bag** - something to store the below in, but also to chuck wet kit into afterwards - ikea style bags work well.

**Wet Clothes** - clothes you don't mind getting wet. Could be your walking kit as typically the river crossing is done at the end of the course, but this can change if we have poor weather to contend with.

**Wet Shoes** - shoes you don't mind getting wet. Could be your boots, but consider if the river crossing doesn't take place at the end, that boots may not dry out overnight! Any old trainers you're not fussy about, no sandals please.

**Towel** - to dry off after. This will be outdoors somewhere, so a towel robe or large towel advised.

**Dry Kit** - dry clothes to change into.

**Other Stuff** -

**Logbook** - please ensure your logbook (DLOG) is filled in and satisfies the prerequisites for training.

**Medical & Participation Form** - please fill in and return before the course start. We're big on inclusivity and want to support however possible so please share anything that you feel is relevant. Please bring any personal medication.

**Recommended Reading** -

**Mountain Leader Scheme Handbook** - details everything about the scheme, including scope of the qualification, syllabus, stages, assessment standards, guidance notes & practice points.

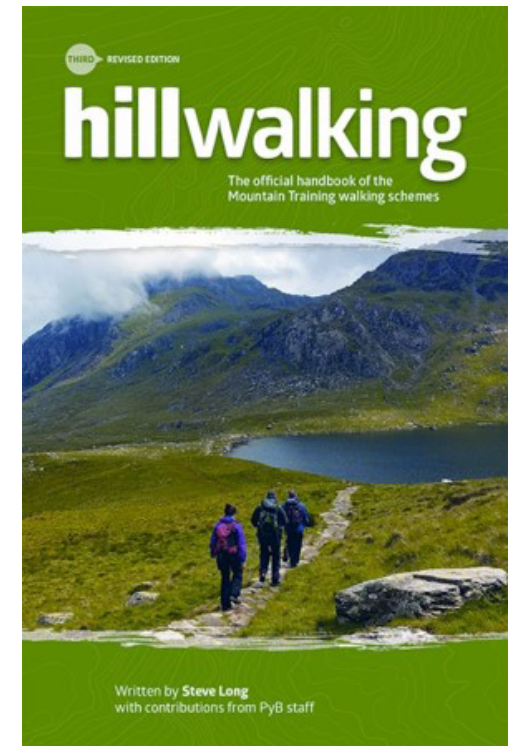
[Download it here.](#)

**Mountain Leader Skills Checklist** - I highly encourage printing out a copy or alternatively bring a laptop / tablet to fill this in digitally. It's a great resource for candidates to record and chart their progress throughout the training, and use to create an action plan at the end of the training course.

[Download it here.](#)

**Hill Walking by Steve Long** † - the official handbook for the Mountain Training Hill Walking schemes. A very worthwhile investment towards your development. With lots of helpful diagrams to help refresh what you'll learn on the training course & more detailed info.

[Look out for the latest revised 3rd edition.](#)



You can usually get discounts on kit as a BMC members, mountaineering club member, student etc but also if you're buying a good amount at once.

We highly recommend **V12 Outdoor** in Llanberis for climbing gear- an amazing range, super friendly, knowledgeable staff and they're local – 100m from our door! We've set up a 15% discount for Mountain Independence clients with them.

