



JOHN LEES MOUNTAINEERING

Kit List: Instructed Mountaineering Courses (Grade 2/3 Scrambles)

Organised by: John Lees Mountaineering

Region: UK mountains (e.g. Snowdonia, Lake District, Scottish Highlands)

This List has been designed to be ticked off as each item is packed :)

Clothing

Essential:

Waterproof jacket (mountain-quality with hood and taped seams)

Waterproof trousers

Insulating mid-layer (fleece, softshell, or synthetic jacket)

Base layer (synthetic or merino – no cotton)

Rugged walking trousers (stretchy and breathable – no jeans)

Warm hat or buff

Sun Hat if required

Gloves (dexterous for scrambling – thin softshell or grippy)

Spare gloves (for cold or wet weather)

Recommended:

Spare warm layer in rucksack

Lightweight windproof jacket (optional)



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Footwear

Essential:

Stiff-soled walking boots or scrambling-specific boots (B1 rated ideal)

Good grip required (e.g. Vibram sole)

Optional:

Approach shoes (in dry summer conditions only – confirm with instructor)

Equipment

Essential:

Rucksack (30–40L capacity)

Dry bags or liner to keep contents dry

Helmet (CE certified – provided if needed)

Harness (sit harness with gear loops – provided if needed)

Mountaineering gloves or belay gloves (optional but useful)

Head torch (with spare batteries)

Map/map case and compass (optional – instructor will lead navigation)

Whistle

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Technical Gear

Provided by John Lees Mountaineering unless you prefer your own kit (subject to inspection):

Climbing harness

Helmet

Ropes and protection (carried by instructor)

Slings, carabiners, Nuts, Camming devices, Belay plates etc

Food & Drink

Essential:

Packed lunch

High-energy snacks (e.g. flapjack, nuts, dried fruit, energy bars)

Water (1.5–2 litres minimum)

Flask with hot drink (recommended in cooler months)

Safety & Emergency

Essential:

Personal first aid kit (plasters, blister pads, pain relief)

Emergency bivvy or foil bag

Mobile phone (charged, in a waterproof case or dry bag)

Any personal medication inc Ibuprofen/paracetamol (please inform your instructor)



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Instructor Carries:

Group first aid kit

Group shelter

Ropes and technical gear

Emergency comms – Charged mobile phone

Optional Extras

Trekking poles (can be stowed on bag when scrambling)

Camera

Sunglasses and sun cream (essential in sunny weather)

Bug spray

Notes:

All technical equipment (helmet, harness, ropes) is provided unless agreed otherwise.

If you're unsure about any item, check in with your instructor ahead of the day.