

## Mountain Leader training Kit list

All kit listed below is for guidance to help you prepare for your training course.

On the afternoon of day 3, you will have time to buy gas, and have a chance to get to some of the excellent technical outdoor shops in Ambleside.

### Day kit

Head torch  
Dry bags  
Grippy gloves for rope work  
Phone  
Group shelter (optional)  
Waterproofs  
Food and drink  
Boots and gaiters (optional, but very useful)  
Thermal shirt  
Jumper  
Trousers  
Spare jumper  
Warm hat & gloves  
Mountain rope if you have one  
Sun hat, Sunglasses, Sun cream (you've got to hope)  
Midge cream  
Maps (see course info)  
Map case (Ortelieb are best) [https://www.ortlieb.com/uk\\_en/map-case](https://www.ortlieb.com/uk_en/map-case)  
Compass (silva type 4 or similar)  
First aid kit  
Stopwatch (for timing on the hill or a watch with a stopwatch built-in)

### Maps

We will use 1:25 map scales throughout the course:

- There's an excellent map called "Dinky+" (which is a very useful 1:25 central Lakes map), it doesn't quite cover the peripheral areas of the Lake District so we will require you to have OS map South East which is number OL7.
- Alternatively you can use the normal 4 x 1:25 of the Lake District, that's OL 4, 5, 6 & 7

Also, you will need:

- 1:40 Harvey Lake District
- Sheet No 90 1:50:000
- or AA central Lake District 1:50 000

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## Expedition

Tent (mountain tent ideally under 2.5kg max) (Poles & Pegs)  
Rucksack 45 to 55 ltr sack, (practice at home to see if your kit fits)  
Sleeping mat  
Sleeping bag  
Stove  
Lighter  
Fuel  
Pans and lid  
Windshield (foil is good)  
Spoon  
Cup  
Pan holder  
Loo roll  
Trowel  
Spare socks

**This list is not exhaustive and you might or will not carry all these items.**

This list acts as a reminder of the items you might need.

The weather varies so much so each exped kit requirements are different.

I hope this list helps with your preparation.

There are many good outdoor shops and food shops in the nearby villages.

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