

Suggested kit list for WBMC Buttermere meet

- Crampons and ice axe if going above snow line
- Good sturdy walking boots
- Warm hiking socks (no cotton!)
- Waterproof mountaineering trousers or rain trousers
- Depending on your trousers, long underwear bottoms
- Gaiters (recommended, but depends on your boots and/or trousers)
- Waterproof hard shell jacket (Gore-Tex or other)
- Lightweight down/synthetic jacket
- Fleece jacket or warm insulated jacket
- Fast-wicking t-shirt base layer
- Two pairs of gloves (1 lightweight pair and 1 warm)
- Fleece/wool hat (which ideally covers your ears)
- Neck warmer/balaclava
- Baseball cap or sun hat
- High altitude sunglasses (Level 4 UV protection)
- Sunscreen and lip balm
- Water bottle (1.5 litres) or thermos (1 litre)
- Lunch and high-energy snack
- In a Ziploc bag: cash, credit/debit card
- Lightweight survival blanket
- Compact camera