



This equipment resource sheet has been produced by Kingsley Jones, International Mountain Leader



This check list has been designed with Icicle course clients in mind, so that you can ensure you are carrying the right kit for your trek, and also for you to see what the guide is likely to be carrying in their rucksack for your safety. All our trekking and snowshoeing courses around the world are led by fully qualified International Mountain Leaders.

Group rucksack packing list

Extra items for the leader rucksack

Item Description	Day Walk	Hut Night	Snow Walk	Got Item?	Item Description	Day Walk	Hut Night	Snow Walk	Got Item?
Rucksack	✓	✓	✓		UIMLA Carnet	✓	✓	✓	
Activities Insurance	✓	✓	✓		Carte Professionnelle	✓	✓	✓	
Passport / travel documents	✓	✓	✓		Cable car pass	✓	✓	✓	
Waterproof cover / liner	✓	✓	✓		Carte Resident / travel pass	✓	✓	✓	
Trekking poles	✓	✓	✓		Money – emergency	✓	✓	✓	
Trekking pole baskets	✗	✗	✓		Credit / debit card - emergency	✓	✓	✓	
Walking Boots	✓	✓	✓		1 :50,000 and / or 1:25,000 Map	✓	✓	✓	
Gaiters	✓	✓	✓		Compass	✓	✓	✓	
Headlight	✗	✓	✓		GPS	✓	✓	✓	
Camera	✓	✓	✓		Spare head torch	✓	✓	✓	
Fleece hat	✓	✓	✓		Pen knife	✓	✓	✓	
Fleece gloves	✓	✓	✓		Mending kit & gaffer tape	✓	✓	✓	
Fleece / mid layer jacket	✓	✓	✓		European avalanche scale card	✗	✗	✓	
Toilet roll	✓	✓	✓		Avalex card	✗	✗	✓	
Food / snacks	✓	✓	✓		Teaching cards (eg animal tracks)	✓	✓	✓	
Water bottle	✓	✓	✓		Spare Avalanche transceiver	✗	✗	✓	
Thermos Flask	✗	✗	✓		Spare batteries	✓	✓	✓	
Money – personal	✓	✓	✓		Spare snowshoe	✗	✗	✓	
Waterproof gloves	✓	✓	✓		30m rope	✓	✓	✓	
Waterproof jacket	✓	✓	✓		2 x slings (one small, one large)	✓	✓	✓	
Waterproof trousers	✓	✓	✓		2 x karabiners	✓	✓	✓	
Spare socks & underwear	✗	✓	✓		Ankle support	✓	✓	✓	
Cap / sunhat	✓	✓	✓		Emergency contacts	✓	✓	✓	
Sun cream	✓	✓	✓		Mountain hut numbers	✓	✓	✓	
Sunglasses	✓	✓	✓		Daily plan	✓	✓	✓	
Avalanche transceiver	✗	✓	✓		Weather forecast	✓	✓	✓	
Snowshoes	✗	✗	✓		Avalanche forecast	✗	✗	✓	
Snow Shovel	✗	✗	✓		Emergency group shelter	✓	✓	✓	
Avalanche Probe	✗	✗	✓		Spare jacket, hat, gloves	✓	✓	✓	
Goggles	✗	✗	✓		Guidebooks / route cards	✓	✓	✓	
First Aid Kit	✓	✓	✓		Notebook & pen	✓	✓	✓	
Anti-inflammatories & Asprin	✓	✓	✓		Novel / magazine	✓	✓	✓	
Compeed	✓	✓	✓		Mobile phone / radio	✓	✓	✓	
Sleeping bag liner	✗	✓	✗		Ice Axe	✓	✓	✓	