

Revised December 2025

BUNBURY UNLIMITED MOUNTAINEERS

KIT LIST & GROUP REQUIREMENTS

INDIVIDUALS MUST HAVE	STRONGLY RECOMMENDED
Suitable Footwear for the terrain	Hot Drink
Windproof / Waterproof Jacket & Trousers	Additional / spare clothing
Thermal type Hat & Gloves	Rucksack liner to ensure spare clothing remains dry
Whistle	
Water x 1 litre (minimum)	
Food	
Survival bag	
Head Torch	
<u>FOR HIGH LEVEL WINTER WALKING ADDITIONAL KIT MAY BE REQUIRED</u>	
Ice Axe	
Crampons	
Boots which are compatible with crampons	

THE GROUP MUST HAVE	STRONGLY RECOMMENDED
1:25,000 Scale map of the route	1 for every 4 members of the party
Compass	1 for every 4 members of the party
Basic first aid kit	Qualified First Aider
A Leader (see below)	

The Group must have a leader who has the following responsibilities:

1. To advertise at least 1 week in advance details of forthcoming walk – including route, distance, degree of difficulty.
2. Checking local weather forecast if conditions could be severe.
(e.g mwis.org.uk)
3. Ensuring that kit requirements have been complied with.
4. To monitor the progress of the group whilst on the walk and to amend the route of the walk if any of the members of the group do not possess the necessary level of fitness or the weather conditions deteriorate.
5. To specify kit requirements for a high level winter walk and additionally ensure that members are trained in their use. In this case it may be necessary for additional equipment to be carried within the group e.g ropes and slings.

Following our course with Dan here is a suggested First Aid Pack for BUMs

Have available;

SMS 999

What 3 Words

OS Locate

To carry in a small bag;

Aspirin

Antihistamine

Compede plasters

2 in 1 tic tool & tweezers

Cohesive bandage and non adherent dressing

Single use ice pack

Sachet saline solution

Resuscitation face shield

Tourniquet-key

The following four items Dan thought would be only be required by one member of a walk.

Or for those on more adventurous mountain walking.

Supalite Summit Bothy (group shelter)

Foam covered Euro splint

Tough cut light scissors

Large gauze pad

Individual walkers should be responsible for their own medication and alert other walkers of any medical condition requiring medicine/ intervention should they become ill.

These items can be found on Amazon and www.jaxfirstaid.co.uk