



adventurelifelinks
Jen Dickinson
Burgberger Strasse 15,
87549 Rettenberg,
Germany.
m: +49 1627 514508
e: jendickie@hotmail.com
Skype: adventurelifelinks
www.adventurelifelinks.com

Kit Advice

If you are buying new personal equipment to use on our courses we have made some recommendations and offered some basic advice. Remember this is only advice, many good deals on equipment can be found in bargain sections of shops as well as at top of the range stores.

At **TK-Maxx** in the UK, although you spend time trailing through the active and outdoor section they do sell end of lines and last years colours at low prices from outdoor brands such as Patagonia, Berghaus, and Lowe Alpine to name a few.

Aldi and **Lidl** in the UK also offer cheap outdoor equipment from time to time.

Here in Bavaria we have many outdoor stores and brands to choose from, as well as the usual names, Mountain Hardwear, Vaude, Salewa, Mammut and Haglofs to name a few. There are also large outdoor discount stores selling end of lines, older colours and seconds at very good prices, or at full price items are often cheaper than in the UK.

- .Waterproofs: for trekking in the Alps, good quality lightweight & breathable is the key.
- Good footwear: for summer trekking, again a lightweight waterproof boot, with good ankle support. For winter snowshoeing the same boot or a soft snowboard boot will do.
- Warm clothing, thermal base layers: The key to staying comfortable in the outdoors whatever the weather is a layering system. The more we layer the more we stay warm and better we can temperature regulate removing layers where required. Layers can be in the form of firstly a base wicking fabric, thermals or summer t-shirts. A mid layer, fleece or dri-clime type shell, windstopper or soft shell. A warmer fleece, windstopper, down or manmade filled top for warmth in colder conditions if necessary.
Thermals and base layers...
Most outdoor practitioners are returning back to Wool for a base layer and layering system. The developments and market has moved back towards this natural fibre due to its' warmth, and also lack of smell after use. This is however an expensive option as they are merino wool based. Manufacturers such as "icebreaker" and "smartwool" are good quality options if you choose to buy wool. However other mad-made fibres work well and there are many to choose from.
- Gloves: A ski glove is perfect for skiing and snowshoeing. A wind-stopper or fleece glove is good for summer walking and sometimes snowshoeing but if it should rain a waterproof outer can be useful. Thin glove liners, silk, wool or manmade can make all the difference on a cold day. Some top quality names sell 3 layers together which work for all eventualities.
- Ski clothing: Ski equipment can be purchased for children and adults from as little as €15 for a full suit. If it is your first year skiing, borrowing, hiring or buying cheap equipment for the week is a good idea to ensure you enjoy the activity before outlaying for top quality gear. Good ski equipment is easy to come by, with most being insulated a little. Everyone is different and some feel the cold more than others therefore this all comes down to personal choice. Again the outdoor stores here in Bavaria supply good quality kit, as well as many discounted cheap options due to the way of life here being to ski most of the winter.

Remember if you enjoy many outdoor activities, Gortex type waterproofs and a good layering system may work for you skiing, snowshoeing and when summer or winter walking, climbing etc..