

WHAT'S IN YOUR RUCKSACK?

Who	Phil Jarratt IML
From	Chamonix
Where	snowshoeing in Switzerland

IML-UIMLA BADGE

I am so proud of this badge. Having gone through rigorous training to achieve it I always wear it so people know I'm a member of the Union of International Mountain Leaders Associations. It is a symbol anyone walking abroad can look out for so that they can be assured their guide is someone they can trust to have a level of professionalism in their field.

RUCKSACK

I've used my Karrimor Hot Earth Coolmesh 40 for at least 12 years now. I find that this is the perfect size of rucksack for most of my trips. It's not overcomplicated or fussy, it's got lots of extra straps, which are great for attaching ice axe or skis to, and it's really well thought out. Friends have tried to replace it as it's looking a bit tired, but every time I head out I choose this sack as I trust it completely.

ODDS AND SODS

I always take this 'spares and repairs' kit with me, adding things to it depending on what I'm doing. In it right now are duct tape and cable ties – useful in repairing a number of breakages on kit; spare compass and bootlaces – just in case; batteries (for transceivers); safety pins; and a spare snowshoe strap and buckle. It's saved trips being cut short on more than one occasion.

HEADTORCH

My trusty Petzl Myo – I love it! Last year the one I had used for three years stopped working because of a loose connection within it. I sent it back to Petzl explaining the problem and asking if they could advise or repair – and they replaced it for free! I was very impressed by their customer service and have always recommended them since.

SIGGBOTTLE

This has been everywhere with me – and has the dents to prove it! At 11 years old it's like a companion rather than a water bottle and is a great talking point with clients.

AVALANCHE KIT

Transceiver, shovel and a probe – essential kit in the Alps when walking off-piste. Thankfully I've never had to use them in a real avalanche but I use them a lot for training and practice purposes. It's important for those going off-piste to be aware of the risks, carry the right equipment and of course know how to use it.

FISHERMAN'S FRIENDS

I find these really help clear the airways, but for me they have an even greater significance, as from the first time I began training for my Mountain Leader I would always have one at the start of the day. It's become a bit of a habit really, so before I go outdoors leading a group I have one then psychologically I think 'right, I'm ready to go out'.

PHOTOGRAPH NEIL S PRICE



Phil has lived in Switzerland and France for the last 5 years. He runs a range of snowshoeing trips from Chamonix. For more information see: www.british-snowshoe-tours.com