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Norway	Skandinavisk	22 46 90 75
Sweden	High Sport Svenska	31 711 8321
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USA and Canada	Climb High	802 985 5056

Extremities Guarantee

Terra Nova Equipment Ltd. guarantees all Extremities products to the original owner for one year against defects in workmanship and materials.

If a product fails due to a defect in workmanship or materials, we will repair the product without charge, or replace it at our discretion. This guarantee is in addition to your statutory rights which remain unaffected. When returning a product you should endeavour to return it through the retailer from whom you purchased it. Please clean all products before returning. In the event of difficulty please return it directly to us with proof of purchase details.

Extremities is a brand within Terra Nova Equipment Ltd. Other brands include Terra Nova Tents and WildCountry Tents.

For further information please call 01773 833 300 or email us at: enquiries@extremities.co.uk

At Terra Nova Equipment Ltd. we have a policy of only dealing with original manufacturers. Please send your submission to the relevant manufacturer. Please send your submission to the relevant manufacturer. Payment and return with all guarantees and some guarantees and originals will be returned. We are happy to accept returns for products that are unfortunately unable to return them.

For stockist information call Terra Nova
Equipment Customer Services on 01773 833 300.

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TERRA



NOVA
EQUIPMENT

extremities®
CLOTHING

HEAD • HAND • FOOT PROTECTION

Dedicated protection.....for outdoor enthusiasts

Range guide Winter 1998/99

-40°C

-30°C

-20°C

-10°C

0°C

10°C

20°C

30°C

40°C

extremities®
CLOTHING

HEAD • HAND • FOOT PROTECTION

To survive in the worlds' extremes requires equipment which will stand up to sub-zero temperatures, high winds and the abrasion of ice and rock.

The extremities of the body are often the first to suffer from the effects of extreme cold or wet conditions. Performing a task with extremely cold fingers is virtually impossible. To expose hands, feet or the head in extreme conditions is not just uncomfortable, it could be fatal.

With these demands in mind, all the products in the Extremities range have been designed to provide the optimum level of comfort, protection and dexterity.

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Dedicated protection.....for outdoor enthusiasts

[Santoire / Marchant collection]
at Murep and Rosa Hut

[Santoire / Marchant collection]
Ice Wave

frostbite

it can be a killer!

You don't have to be on Everest to get frostbite - it's just as easy to get it on a trip to Scotland or the Alps. What is important is that you understand the stages, causes, symptoms and prevention of frostbite.

Frostbite occurs when skin tissues and blood vessels are damaged by being exposed to temperatures below 32°F. Unprotected parts of the body are most vulnerable, with the ears, nose, cheeks, fingers and toes most at risk.

Frostbite shows three basic stages; frostnip, superficial frostbite, and deep frostbite.

Frostnip victims experience a feeling of "pins and needles", whilst the skin becomes white and soft. There is no permanent tissue damage and gentle warming by breathing warm air or immersing in warm water should treat the affected area.

Superficial frostbite causes the skin to feel waxy, frozen and numb, and blisters are likely. Deep frostbite is undoubtedly the most serious. In this case, muscles, blood vessels,

nerves, tendons and even bone may become frozen. Permanent damage, blood clots and gangrene are all likely to result.

In the event of deep frostbite, prompt medical attention is essential to prevent infection and possible loss of extremities.

The lower the temperature, the greater the risk of injury. Even if it is not very cold outside, high winds can reduce temperatures to dangerously low levels, making frostbite more of a danger. Remember you are far more likely to get frostbite if you are; wet, exhausted, intoxicated by alcohol, have had frostbite before, a diabetic, suffer from poor circulation or a smoker.

To prevent frostbite, take precautions and protect your extremities by using hats, scarves, gloves, socks and moisturising creams. Stay dry - wet clothing can be up to 20 times less warm than dry clothing!

40°C
30°C
20°C
10°C
0°C
-10°C
-20°C
-30°C
-40°C

Fabrics used in Extremities

Extremities are dedicated to producing the very best in quality. The finest fabrics are used to ensure our gloves, hats, gaiters and socks stand up to the highest performance demands.

GORE-TEX

Waterproofing

Gore-Tex is famous for being a highly effective, performance waterproof and breathable fabric. Extremities utilise Gore-Tex as a waterproof outer shell or as a waterproof lining on models in the Head, Hand and Gaiter ranges.

Bonded to a shell fabric, the Gore-Tex membrane contains microscopic pores which are much too small to allow rain water droplets to penetrate, but large enough to allow much smaller moisture vapour droplets from your body to pass freely through. The result is that you stay warm, dry and protected from the elements, even in the wettest conditions.

WIND STOPPER

Windproofing

Though many fleeces will keep you warm, the chilling effects of wind can still penetrate through the weave. We use only Glacier Windstopper fleece, specially developed by Gore for uncompromising performance in extreme conditions. A windproof membrane is specially bonded between two layers of finely woven fabric, which acts as a total block against wind-chill. Glacier Windstopper fleece also allows the skin to breathe, even during extreme activity in warm conditions, keeping you dry and comfortable.

POLARTEC
Climate Control Fabrics™

Insulation

Polartec 200 is a double-faced fleece engineered in a unique process to provide water repellence for the life of the garment. This enables clothing to shed water and dry faster to maintain comfort even in wet conditions. Polartec 200 resists pilling and has good insulating abilities.

Polartec 300 is a heavier weight of Polartec's high-performance fleece fabric. It resists pilling and has excellent insulating ability in proportion to its light weight. Extremities Polartec 300 products are designed to withstand the coldest conditions.

Polartec Power Stretch fabric is designed to offer body-hugging four-way stretch with moisture management. There are two surfaces to the fabric: the durable, non-pilling outer surface resists abrasion, whilst next to the skin a soft pile wicks away perspiration, keeping you dry and comfortable.

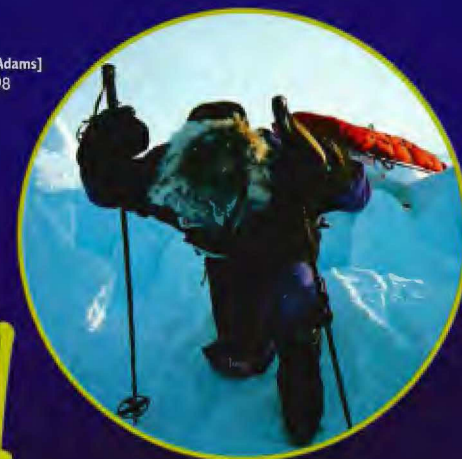
DUPONT

Cooling

Not all Extremities products are designed to keep you warm. The Summer Coolers and Coolers in the sock range are designed to keep feet dry and comfortable when walking in warm, dry conditions. Specially made with Dacron yarn, these Coolmax® socks transport moisture away from the foot, keeping your skin dry, comfortable and firm, reducing the risk of blisters forming.

Dedicated protection... for outdoor enthusiasts

[David Hempleman-Adams]
Grand Slam '98



David Hempleman-Adams

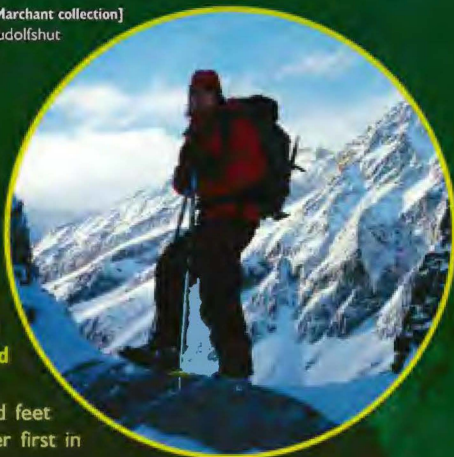
David Hempleman-Adams, British Explorer and Mountaineer began his expeditioning through his interest in the Duke of Edinburgh's Award Scheme, of which he is a gold medallist. As a student he travelled around the world, scaling most of the world's highest peaks. After conquering Mount Everest in 1993, he went on to climb the highest peaks on seven continents, only the third Briton to accomplish this feat.

And it's not only mountains that he has tackled. He has led eleven Arctic expeditions, which include walking solo and unsupported to the South Pole and sailing to the South Magnetic Pole. On 29th April, this year, David walked the 500 miles to the North Geographic pole and in doing so completed the Adventurer's Grand Slam: climbing the highest peaks on seven continents and reaching all four poles.

"The planning and preparation of equipment for an expedition of 500 miles on the frozen Arctic Ocean, is very important. That is why I insist on top quality. On my expedition to the North Geographic Pole, Terra Nova Extremities Mountain Mittens gave me protection both from frostbite in temperatures as low as minus 60 degrees and when hauling my sledge over ridges of ice - some as high as a house."

Hand Protection

[Santoire / Marchant collection]
Rudolfshut



When exposed to low temperatures, driving snow or rain, layering your clothing is the best way to stay warm and dry. Principally the layering system works when there is a thin, wicking layer next to the skin, with a thicker insulating layer followed by a waterproof and breathable outer shell.

Layering is even more important for the head, hands and feet because, being at the extremities of the body, they suffer first in extreme conditions.

The base layer transmits moisture away from the skin, keeping you dry, while the insulating layers trap air to provide warmth. A waterproof / breathable outer keeps off rain and wind while allowing water vapour out. Extremities products are designed specifically with the layering system in mind. An example of the layering principal in use would be using Thick Gloves inside fleece-lined Mountain Mitts. This provides two layers of thermal protection with a Gore-Tex outer shell, ideal for the worst mountain weather.

Having the gloves inside the mitts allows you to take off the mitts without exposing your hands to the elements while performing more dexterous tasks.

Layering Principle



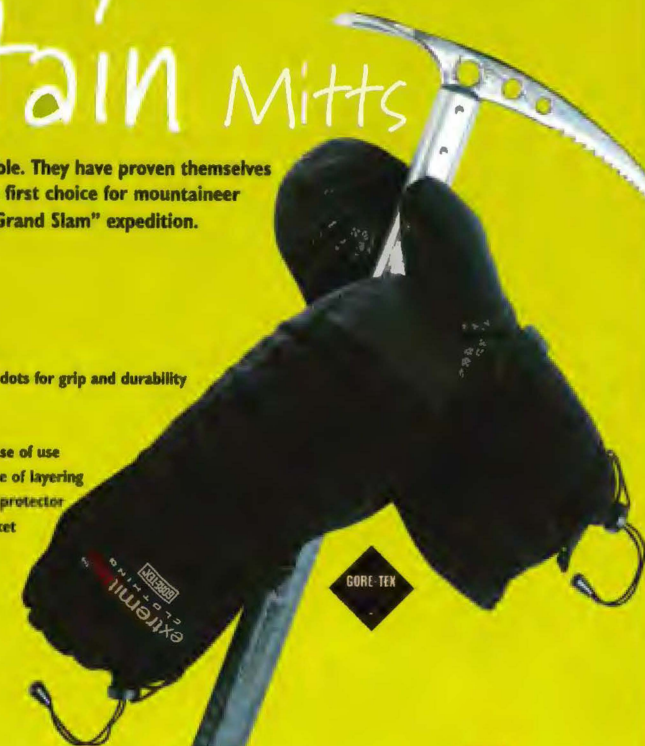
Mountain Mitts

These are the toughest expedition mitts available. They have proven themselves in the world's harshest climates and were the first choice for mountaineer David Hempleman-Adams during his recent "Grand Slam" expedition.

Features:

- 3 layer Gore-Tex 'Milano' shell for durability
- Fully taped construction for complete waterproofness
- Waterproof / breathable Kevlar palms with Dura-Grip dots for grip and durability
- Anatomical curve for dexterity and reduced fatigue
- Box thumb design for optimum fit
- One hand wrist and cuff tensioners for security and ease of use
- Removable pile inner mitt for ease of drying and choice of layering
- The inner mitt features a padded, removable, knuckle protector
- Security loop to allow easy attachment to wrist or jacket

Sizes: S, M, L, XL
Colour: Black



Mountain Gloves

New

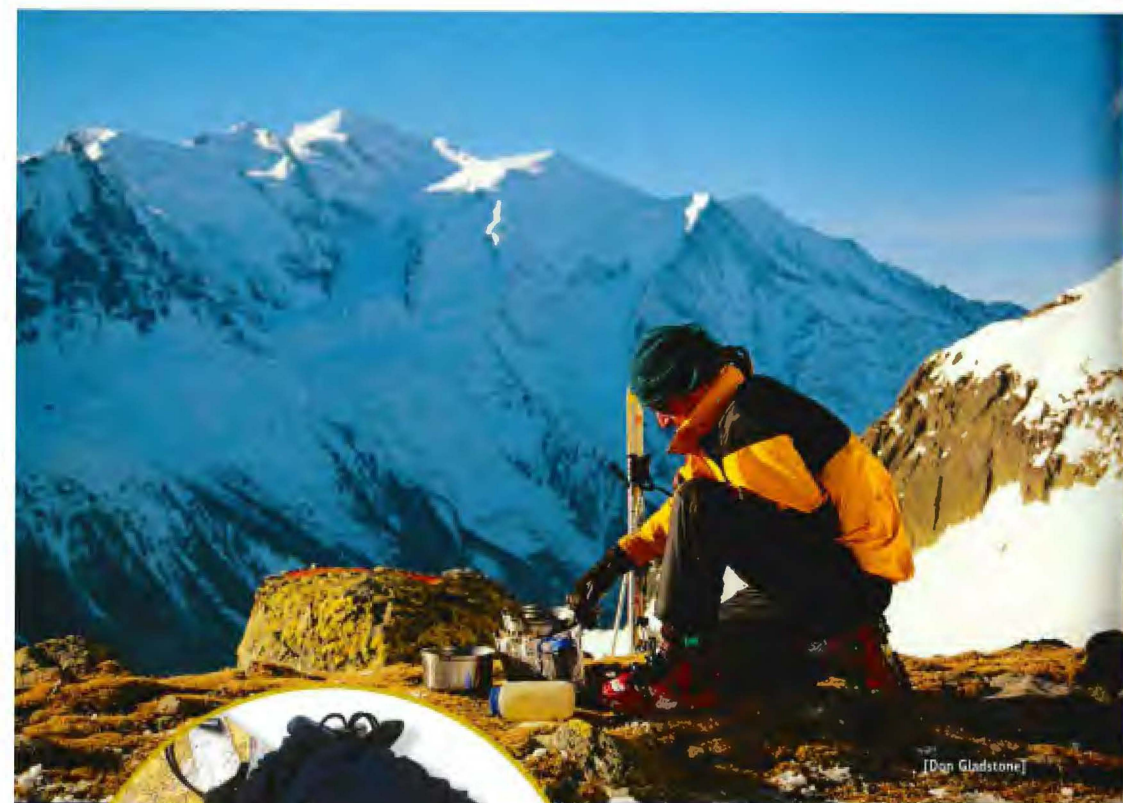
These have been designed for alpinists and mountaineers who need strong, light and supple gloves that allow them to perform difficult tasks without having to expose hands to the elements.

Features:

- Ambush Cordura Shell
- Gore waterproof and breathable insert
- Scotch-Guarded reinforced, full grained leather palm
- Brushed fleece lining for warmth and comfort
- Adjustable wrist strap for fit
- One-hand wrist tensioners for security and ease of use

Sizes: S, M, L, XL
Colour: Black





Winter Mitts

Features:

- 3 layer Tactel Cyclone waterproof shell
- Fully taped construction for complete waterproofness
- Anatomical curve for dexterity and reduced fatigue
- One hand wrist and cuff tensioners for security and ease of use
- Box thumb design for optimum fit
- Removable pile inner mitt for ease of drying and choice of layering

Sizes: S, M, L, XL
Colour: Navy



3 Layer Tactel Cyclone shell fabric for increased durability and extra performance. Ideal for winter walkers and wet weather travellers.

Winter Gloves

An extremely popular choice among skiers and mountaineers, these versatile gloves are fully waterproof and breathable. The gloves are made from strong, abrasion resistant Ambush Cordura and they have a Tough-tek knuckle guard for protection and re-inforced leather palm and fingers for durability.

Features:

- Fully waterproof / breathable Porelle™ liner sewn-in for complete protection
- 'Ambush' Cordura shell for maximum abrasion resistance
- Fleece lining for extra warmth
- Leather reinforced palms and fingers for better grip
- One hand wrist and cuff tensioners for security and ease of use
- Tough-tek knuckle guard for protection

Sizes: S, M, L, XL
Colour: Black



porelle

Hand Bags

Our lightest most compact, fully taped Gore-Tex mitts. Designed for light, multi-purpose use, these mitts pack down so small you'll never notice them until you need them! An ideal lightweight, waterproof outer shell for a layering system.

Features:

- 3 layer Ripstop Gore-Tex for minimum bulk and weight
- Fully taped construction for complete waterproofness
- Box thumb construction for optimum fit
- One hand wrist and cuff tensioners for security and ease of use

Sizes: S, M, L, XL
Colour: Black Blue Red Green



GORE-TEX

Walkers Mitts

These waterproof, breathable mitts are ideal for cold and wet weather walking. Made from strong, abrasion resistant Ambush Cordura, these mitts have a Scotch-Guarded, full grained leather palm for durability.

Features:

- Ambush Cordura shell
- Porelle™ waterproof and breathable insert
- Scotch-Guarded, full grained leather palm
- Brushed fleece lining for warmth and comfort
- Adjustable wrist strap for fit
- One hand wrist tensioners for security and ease of use

Sizes: S, M, L, XL
Colour: Black



porelle

Guide Gloves

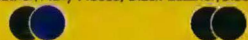
A tough, warm windproof glove that can be used just about anywhere, from ski-touring in the Alps to scrambling in Scotland. These gloves are a favourite with mountain guides as they have been specially designed for those who need maximum dexterity.

Features:

- 3 layer Windstopper Fleece on the back of the hand for warmth and flexibility
- Scotch-Guarded leather palm for durability and grip
- Wicking Polypropylene lining
- Wrist tensioner strap for secure fit
- Extended cuff to keep out snow
- Covered seams for comfortable fit

Sizes: S, M, L, and XL. (Black colourway only)

Colour: Black Leather/Navy Fleece, Black Leather/Black Fleece



Windy Gloves

Light, warm, windproof gloves with a multiplicity of uses, which can be worn on their own or as part of a layering system.

Features:

- 3 Layer Windstopper Fleece for comfort and warmth
- Box finger construction for optimum fit
- Elasticated wrist and bound cuff for added weather protection

Sizes: S, M, L, and XL. (Black colourway only)

Colour: Black, Navy



Sticky Windy Gloves



Light, warm windproof gloves with a wide range of uses. These have our unique Dura-Grip palm for extra grip. Can be worn on their own or as part of a layering system.

Features:

- 3 Layer Windstopper Fleece for comfort and warmth
- Box finger construction for optimum fit
- Dura-Grip palm for extra grip and durability
- Elasticated wrist and bound cuff for added weather protection

Sizes: S, M, L, and XL. (Black colourway only)

Colour: Black, Navy



New

Super Mitts

A warm mitt made from Polartec 300 fleece. Snug used on their own or ideal as a liner for our Hand Bags.

Features:

- Polartec 300 fleece for extra warmth
- Elasticated wrist for a close fit
- Lycra bound cuff for comfort

Sizes: S/M, L/XL

Colours: Onyx, Cerise



POLARTEC
Climate Control Fabrics™



Fingerless Sticky Thick Gloves

Sticky Thick Gloves



The best feeling and most durable 4000 Merakion Polypropylene thermal glove available. An essential item in every outdoor mountaineering backpack.

Features:

- Double polypropylene fabric for maximum
- Box finger construction for comfort
- Extended cuff with Lycra for a secure fit
- Gloves have our Dura-Grip palm dots for extra grip
- Fingerless Sliders have reinforced finger ends for durability

Sizes: S, M, L
Colour: Black, Navy

Fingerless Sizes: S, M, L
Colour: Black

'Dura-Grip'

© 2000 Winter Equipment Ltd

New

Power Stretch Gloves

New improved styling for this season. These lightweight, warm and close fitting gloves give a perfect fit on any hand. Can be worn on their own, or as part of a layering system.

Features:

- Polartec Power Stretch fabric to give warmth and a perfect fit
- Box finger construction for comfort
- Extended cuff for secure fit
- Reversed fabric on the cuff for added comfort

Sizes: S/M, L/XL
Colour: Black



POLARTEC
Climate Control Fabric



Thinny Gloves

Features:

- A blend of 98% Merakion and 2% Elastane for the perfect fit. Delivers maximum warmth for minimum bulk

Sizes: One size fits all.

Colour: Black Navy Blue Red Green



The perfect first line of defence against the cold. These versatile thermal gloves can be worn by themselves or in conjunction with any of our other gloves or mitts.

Head Protection

A large percentage of body heat escapes through the head so it is vital to keep your head warm in cold or windy conditions, and dry during rain or snow storms.

The Ice Cap and Storm Hat offer complete waterproof protection through the use of Gore-Tex, with a fleece lining which keeps the head warm, and wicks away perspiration for maximum comfort.

Extremities have a range of hats, headbands and balaclavas for head protection in cold and windy conditions. Our soft, durable and comfortable fleeces are designed to maximise your enjoyment of the outdoors.

Fleece lining for warmth and to wick moisture away from the head

Stiffened brim for protection from rain and sun

Gore-Tex shell for protection against rain and snow

Adjuster at rear for optimum fit

Lower cut at the sides to act as protection for the ears



Ice Cap

This is an ideal cap for cold and wet weather use. The fully taped, waterproof, Gore-Tex shell is lined with fleece for warmth and comfort. The stiffened brim gives excellent protection against rain and snow and the chin-strap keeps the cap firmly on your head in even the strongest winds. A size adjuster at the back of the cap ensures a good fit.

Features:

- Fully taped 3 Layer Gore-Tex shell for complete protection
- Lightweight polartec fleece lining for warmth and comfort
- Stiffened brim for protection from rain and sun
- Adjuster at rear for optimum fit and chin-strap for security

Sizes: S, M, L

Colours: Black, Blue, Red, Green.



GORE-TEX

Spindrift Cap



GORE-TEX

Similar in styling to the Ice Cap, the Spindrift is made of the softest microfibre yarn and has a Gore-Tex drop liner for complete waterproofness. This combination creates a lightweight hat that packs into the smallest of spaces. The Spindrift is extremely versatile and is ideal for a wide range of activities.

Features:

- Versatile and lightweight for all-weather use
- Microfibre shell for minimum bulk
- Gore-Tex drop liner for waterproofness
- Wicking lining for comfort
- Size adjuster for optimum fit
- Stiffened brim for protection from sun and rain

Sizes: S, M, L

Colour: Black, Navy, Red



Storm Hat



New fabric

A technical sou'wester design in fully taped 2 Layer Pongee Gore-Tex and lined with lightweight Polartec fleece. Ideal for all travellers to wet climates and for more casual use throughout the UK winter.

Features:

- Fully taped 2 Layer Pongee Gore-Tex for complete protection
- Lightweight Polartec fleece lining for comfort
- Stiffened brim for protection from rain and sun
- Draw cord at rear for optimum fit and chin-strap for security

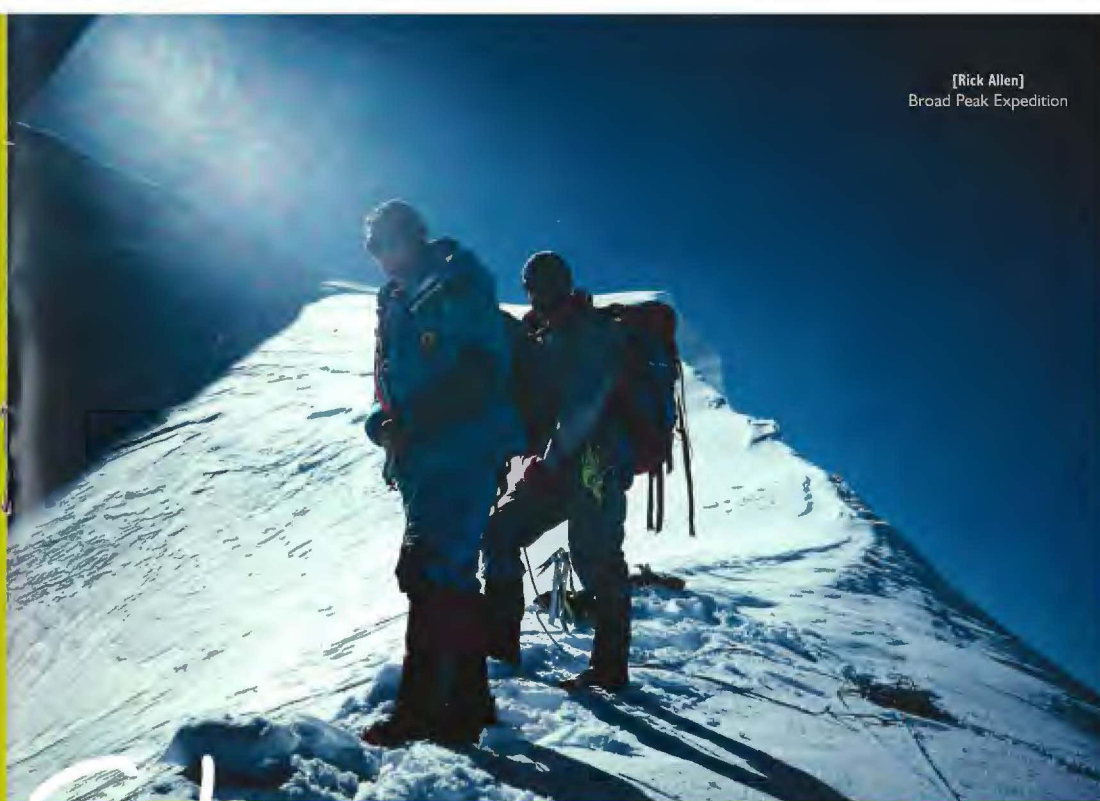
Sizes: S, M, L

Colour: Black, Green



GORE-TEX

[Rick Allen]
Broad Peak Expedition



There are four models in our Balaclava range for Winter 1998/99 designed for a variety of needs including the Super Balaclava, constructed from Polartec 300 for times when extra warmth is needed, and Windy Balaclava to give complete protection against wind and chill. Each Balaclava is designed for a comfortable fit, and cut lower at the neck to fit into a jacket.

Balaclava

Features:

- Made from Polartec 200 for warmth and comfort
- Cut longer at the neck to fit into a jacket
- Lycra bound hems to give a secure and comfortable fit

Sizes: One size fits all.

Colour: Black, Navy, Red, Green, Hickory.



New fabric

Super Balaclava

Features:

- Made from Polartec 300 for extra warmth and comfort
- Cut longer at the neck to fit into a jacket
- Lycra bound hems to give a secure and comfortable fit

Sizes: One size fits all.

Colour: Onyx, Cerise



Windy Balaclava

Features:

- A technical balaclava made from Gore 3 layer Windstopper fleece for complete windchill protection, warmth and comfort
- Fleece insert over the mouth area for breathability and additional extreme weather protection
- Stiffened peak
- Cut longer at the neck to fit into a jacket
- Lycra bound hems to give a secure and comfortable fit

Sizes: S/M, L/XL

Colour: Black, Navy



Power Stretch Balaclava

Features:

- Designed to fit under a helmet
- Made from Polartec Power Stretch for a comfortable fit
- Cut longer at the neck to fit into a jacket
- Lycra bound hems to give a secure and comfortable fit
- Can be used on its own or as a base layer

Sizes: One size fits all.

Colour: Black



New

Peak



New into the Extremities Head Protection range for Winter 1998/99, the Peak has the advantage of a peaked brim to protect against rain or snow and shade the eyes from the sun.

Features:

- Made from Polartec 200 for warmth and comfort
- Peaked brim for shading the eyes from sun, rain or snow
- Adjustable chin-strap for security and a perfect fit
- Cut low over the ears for additional protection

Sizes: S/M, L/XL

Colour: Black, Navy, Red, Green, Hickory.



extremities
CLOTHING



[Isabelle / Marchant collection]
Strahlhorn and Rimpfischhorn

New

Super Peak

Features:

- Made from Polartec 300 for extra warmth and comfort
- Peaked brim for shading the eyes from sun, rain or snow
- Adjustable chin-strap for security and perfect fit
- Cut low over the ears for additional protection

Sizes: S/M, L/XL

Colour: Onyx, Cerise.



TooK

A high specification fleece hat, designed to minimise heat loss and fit comfortably under a jacket hood.

Features:



- Made from Polartec 200 for warmth and comfort
- Adjustable chin-strap for security and a perfect fit
- Cut low over the ears for additional protection

Sizes: S/M, L/XL

Colours: Black, Navy, Red, Green, Hickory.



New fabric

Super TooK

Features:

- Made from Polartec 300 for extra warmth and comfort
- Adjustable chin-strap for security and a perfect fit
- Cut low over the ears for additional protection

Sizes: S/M, L/XL

Colour: Onyx, Cerise.



Windy TooK

Features:

- 3 layer Gore Windstopper Fleece for comfort and warmth
- Elasticated at rear for a secure fit
- Flat-locked seams for comfort and a close fit under a helmet
- Wicking polypropylene liner on the earband for comfort
- Shaped Lycra-bound hem to protect the ears

Sizes: S/M, L/XL

Colour: Black, Navy.



Cosmonaut

The Cosmonaut is a warm fleece hat with windproof panels over the ears for extra protection. Designed to fit comfortably under a hood for extra warmth.

- Made from Polartec 200 fleece
- Gore-Tex windproof panels over the ears for extra protection
- Cut low over the ears for additional protection

Sizes: S/M, L/XL

Colours: Black, Navy, Red, Green, Hickory.



New fabric

Super Cosmonaut

- Made from Polartec 300 series fleece
- Gore-Tex windproof panels over the ears for extra protection
- Cut low over the ears for additional protection

Sizes: S/M, L/XL

Colour: Onyx, Cerise.



Headband

A high specification headband for walkers, climbers, skiers and bikers. Excellent protection on those cold windy days when a hat is not really necessary.

Features:

- Made from Polartec 200 fleece for warmth and comfort
- Shaped to give extra protection to the ears

Sizes: One size fits all.

Colour: Black, Navy, Red, Green, Hickory.



New fabric

Super Headband

Features:

- Made from Polartec 300 fleece for extra warmth
- Shaped to give extra protection to the ears

Sizes: One size fits all.

Colour: Onyx, Cerise.



Windy Headband

Features:

- 3 layer Gore Windstopper Fleece for complete protection against the wind
- Velcro adjustment at rear for a secure fit
- Shaped Lycra-bound hem

Sizes: S/M, L/XL

Colour: Black, Navy.



Power Stretch Headband

A new addition to the head protection range for Winter 1998/99. Made from comfortable Power Stretch fabric, this headband offers warmth for minimal bulk.

Features:

- Made from Polartec Power Stretch fabric for a comfortable fit
- Shaped Lycra-bound hem

Sizes: One size fits all.

Colour: Black



Neck Gaiter

A simple tube design to keep cold drafts from getting to the neck.

Features:

- Made from Polartec 200 for warmth and comfort
- Lycra bound hems

Sizes: One size fits all.

Colour: Black, Navy, Red, Green, Hickory.



POLARTEC
Climate Control Fabrics™

New fabric

Super Neck Gaiter



Features:

POLARTEC
Climate Control Fabrics™

- Made from Polartec 300 fabric for extra warmth and comfort
- Lycra bound hems

Sizes: One size fits all.

Colour: Onyx, Cerise.



Power Stretch Neck Gaiter

A versatile design - one hem is Lycra-bound and the other has an adjustable drawcord so it can be worn as a neck protector or as a hat.

Features:

- Made from Polartec Power Stretch fabric for low bulk and a perfect fit
- Drawstring top converts the neck gaiter into a hat
- Shaped for a comfortable fit

Sizes: One size fits all.

Colour: Black

POLARTEC
Climate Control Fabrics™



Scarf

Features:

- A single layer of plush Polartec 200 for sealing out draughts

Sizes: One size fits all.

Colour: Black, Navy, Red, Green, Hickory.



Power Stretch Beanie



Features:

- This popular and versatile hat is cut close to fit under a helmet
- Good warmth to weight ratio
- Low bulk and lightweight

Sizes: One size fits all.

Colour: Black



POLARTEC
Climate Control Fabrics™

[Santaire / Marchant collection]
Skinning up to Grands Mulets Refuge Mont Blanc.

Ski Mountaineering

[Santoire / Marchant collection]
Skiing above Rudolfshut

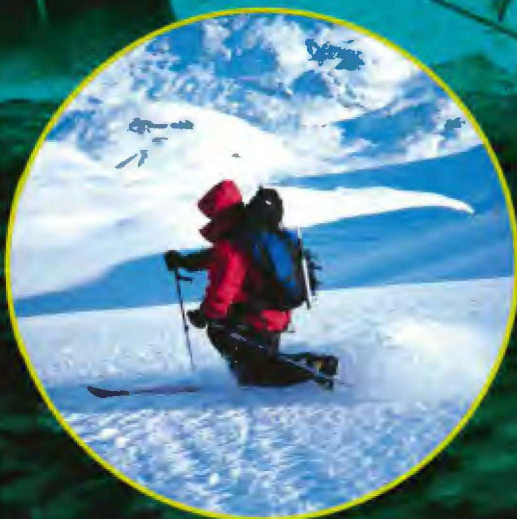
Isabelle Santoire and Rick Marchant

recently completed a ski-mountaineering expedition traversing the Alps from the Gross Glockner, Austria's highest peak, to the highest Alpine peak of them all; Mount Blanc. Isabelle and Rick used a selection of product from the Extremities range during their expedition.

"By travelling from hut to hut our backs were spared the burden of a tent and sleeping bag, yet our rucksacks seemed unmanageable. Comfortably light in the morning, their 20-25 kilos were impossible to shoulder by the end of the day. We planned to carry just the bare essentials, however, after having spent our first ski touring week in a mountain hut, impatiently waiting for a storm to cease, we recognised the relevance of extra kilos of provisions. Inevitably our skiing "style" had to be adjusted since we soon discovered that there was no room for error. Technique and balance had to be just right to avoid finishing in an untidy heap in the snow!

An anticyclone had settled in, allowing us to avidly gain distance. Weeks of an unbroken sky presented itself to us as both a curse and a blessing. Ideal for skiing to the next pass but what about a rest day? Over two weeks we skied every day, gradually becoming more and more exhausted as a result of cumulative fatigue. Each day we were secretly hoping for clouds, just a few of them to help justify taking a break. Yet each day dawned clear until we were forced to accept our physical limits and stayed in bed.

During this trip we have experienced every snow condition imaginable and weather that ranged from perfect to atrocious. We have been baked by the sun, bitten by the cold and battered by winds. We have passed through moments of pure physical and mental exhaustion but sitting on top of Mont Blanc we felt nothing but a sense of elation."



[Santoire / Marchant collection]
On route for Mt. Rosa Liskam North Face

3 layer 'Milano' Gore-Tex for maximum weather protection and breathability

One-hand enclosure

Fully covered up with an optional flap

1000 Denier abrasion proof Cordura



Gaiters

Gaiters have become an indispensable part of a mountaineers' equipment. They keep the feet and lower legs dry and warm whilst protecting them from abrasion. One glance at a Himalayan mountaineers' equipment and you'll see that gaiters are an essential item.

Gaiters do more than just keep your feet and lower legs dry. They allow for more direct routes, saving time and energy. Most importantly they improve mountain safety! Properly protected feet allow you to walk, concentrating on the task in hand, eliminating distractions caused by painful blisters, uncomfortable feet and fatigue - all major contributors of mountain accidents.

Extremities Terragaiters have a waterproof and breathable Milano Gore-Tex leg section. The lower ankle area is highly durable 1000 denier Cordura for protection against abrasion by rock and ice. The leg is protected from spindrift by a drawcord closure at the cuff, whilst the boot is kept dry through the use of a fully sealing 5:10 rubber rand.

Other models in the Gaiter range include the Novagaiter, Propagaiter and Splats.

5:10 rubber rand



GORE-TEX

Terragaiter

Terragaiters are our top of the range mountaineering gaiter. They are designed to seal out wind, snow and ice and keep you warm and dry.

Features:

- 3 Layer 'Milano' Gore-Tex upper fabric for breathability
- 1000 Denier waterproof Cordura nylon lower leg for durability
- Abrasion resistant, heavy duty PU coated nylon toe-cap
- Front opening zip with Velcro closure
- Sticky 5.10 rubber rand for sealing out snow
- One-hand cord closure at cuff for ease of use and sealed fit

(Recommended for use with fully stiffened boots - or stiff ski-touring boots).

Sizes: Small 6-7, Medium 8-9, Large 9-10, Extra Large 10-12.
(Fit as tightly as possible)

Colour: Black

Novagaiter

Novagaiters are the classic all round gaiters, ideal for anything from summer ski tours and alpine climbing to Sunday strolls over the Pennines. The front opening design and use of Gore-Tex and Cordura fabrics makes them easier to put on and more durable than any other gaiters we know of, while the neoprene strap holds the gaiter securely in place for an optimum fit.

Features:

- 3 layer 'Milano' Gore-Tex upper leg fabric for breathability
- 1000 Denier waterproof Cordura nylon lower leg for durability
- Fully covered front opening zip with velcro closure
- Double neoprene-coated nylon strap. Adjustable and replaceable
- One-hand cord closure at cuff for ease of use and sealed fit

Sizes: Small/Medium 6-8, Large/Extra Large 9-11.
Colour: Black

GORE-TEX



Propagaiter

The same design as the Novagaiter, this lightweight, full-length gaiter is made from a durable waterproof 60z nylon. The Propagaiters are ideal for snowy and wet conditions.

Features:

- 60z PU coated waterproof nylon-full length gaiter
- Fully covered front opening zip with Velcro closure to prevent water ingress
- Adjustable and replaceable neoprene coated nylon strap
- One-hand cord closure at cuff for ease of use and a sealed fit

Sizes: Small/Medium 5-8, Large/Extra Large 9-11.

Colour: Black

Splats

A shorter ankle length version of the Propagaiter, Splats will help keep your feet dry whilst trekking and will keep scree and stones out of your boots.

Features:

- 60z PU coated waterproof nylon ankle gaiter
- Fully covered front opening zip with Velcro closure to prevent water ingress
- Adjustable and replaceable neoprene coated nylon strap
- One-hand cord closure at cuff for ease of use and a sealed fit

Sizes: Small/Medium 5-8, Large/Extra Large 9-11.

Colour: Black



Foot Protection

Ribbed cuff for comfort

Low density loop for comfort with minimal bulk

Medium density loop for cushioning and warmth

High density loop for insulation and impact protection

Improved wool 'toe-cap' for increased warmth

Wearing a pair of socks which are not designed for outdoor pursuits can, at best, make your feet hot, sweaty and uncomfortable or, at worst, result in frostbite and blisters. Use the wrong socks and you will end up hating the great outdoors - instead of loving it!

Extremities socks are manufactured using the best materials and most sophisticated designs to ensure your feet remain comfortable. By wicking moisture away from the feet, your skin stays dry and firm, which helps prevent blistering.

Mountain Toesters are made from the highest grade wool to ensure your feet remain warm. Summer Coolers, which are knitted with Coolmax®, will achieve the opposite effect, keeping feet cool and dry in hot conditions.

Mountain Toesters

Mountain Toesters are probably the warmest mountaineering socks in the world. For many years they have been used by expeditions travelling to the worlds' most hostile environments, where frost bite is a serious threat. The unique combination of wool, polypropylene and elastane provides the optimum blend of comfort, warmth and durability.

Features:

- 52% wool, 36% texturised Polypropylene, 10% Nylon and 2% Elastane
- Triple density loop-stitch design for maximum comfort and warmth with minimum bulk
- Extra padding under-foot for better shock absorption
- Extended wool toe-cap for increased warmth
- Ribbed cuff for comfort

Sizes: Small 6-7, Medium 7.5-9.5, Large 10-12. (Calf and knee length)
Colour: Oatmeal



Winter Toesters

Winter Toesters are constructed from a single density of wool/ polypropylene and elastane yarns which provide the optimum blend of comfort, warmth and durability.

Features:

- 52% wool, 36% texturised Polypropylene, 10% Nylon and 2% Elastane
- Single density loop-stitch design for year-round use
- Ribbed cuff for comfort

Sizes: Small 6-7, Medium 7.5-9.5, Large 10-12. (Calf length)
Colour: Blue Marl, Green Marl



Lightweight Toesters

Lightweight Toesters are made from a blend of Thermastat® and wool. These socks will keep your feet warm on cold days, and wick moisture away from the skin, leaving feet dry and comfortable on hotter days. Lightweight Toesters are specially suited for lightweight trekking boots.

- Thermastat® / wool mix sock suitable for year round use in warmer conditions
- Thermastat® foot for warmth and maximum wicking without bulk
- Loop stitch wool mix upper for cushioning
- Flat-linked toe seam to prevent blistering

Sizes: Small/Medium 4-7, Large/Extra Large 7.5-11. (Calf length)
Colour: Navy Marl / Grey Marl, Navy Marl / Black



Summer Coolers

New

(Available March 1999)

Summer Coolers use a Coolmax® foot and a cotton mix upper to make these socks ideal for walking in warm, dry climates. Coolmax® actively transports moisture away from the skin, keeping your feet dry and comfortable.

Features:

- 42% Polyester, 31% Cotton, 25% Nylon, 2% Elastane
- Coolmax® for maximum wicking and comfort
- Cotton mix ribbed leg for coolness
- Flat linked seam to prevent blistering

Sizes: Small/Medium 4-7, Large/Extra Large 7.5-11. (Calf length)

Colour: Charcoal / Navy, Black / Grey Marl



Thickly Socks

This sock can be worn on its own or used as an excellent winter weight liner. Made from Meraklon and Elastane, they combine wicking properties with thermal insulation to provide dry warmth on cold winter days.

Features:

- 84% Polypropylene, 15% Nylon, 1% Elastane
- Winter weight walking sock liners
- High warmth to weight ratio
- High wicking capability
- Flat linked toe to prevent blistering

Sizes: Small/Medium 4-7, Large/Extra Large 7.5-11. (Calf length)

Colour: Navy, Black



Thinny Socks

Made from an advanced Tactel Micro yarn they can be worn under summer or winter weight socks to provide better moisture movement away from the foot for a more comfortable day out.

Features:

- Tactel Micro yarn for wicking moisture away
- Y-shaped heel for secure fit
- Hand linked toe-seam for maximum comfort
- Elasticated cuff for grip with minimum bulk

Sizes: Small/Medium 4-7, Large/Extra Large 7.5-11. (Ankle length)

Colour: Navy, Black



Cooler

Made from Dacron yarn these Coolmax® socks are excellent year-round liners. They actively wick moisture away from the skin to keep feet cool and dry.

Features:

- 62% Polyester, 38% Nylon
- Coolmax® for maximum wicking and comfort
- Suitable for year round use
- Flat linked toe seam to prevent blistering

Sizes: Small/Medium 4-7, Large/Extra Large 7.5-11. (Calf length)



Coolmax®