

2012-13

# PÁRAMO®

*Hill & Mountain*



GHOST OF  
THE **MOUNTAINS**



LIFE AT  
THE **EXTREME**



**WIN** SOLARMONKEY  
ADVENTURERS

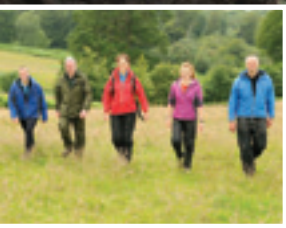
THE HIGHEST PERFORMANCE GEAR FOR HILLS, MOUNTAINS AND BEYOND...



# WELCOME TO PÁRAMO HILL & MOUNTAIN 2012-13

If you're planning to go outdoors, tuck into this catalogue first!  
One thing you can be sure of is encountering weather, and we'd like to help you prepare for it and be more comfortable.

## IN THESE 32 PAGES YOU WILL FIND:



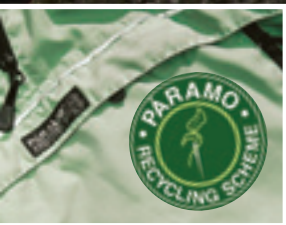
### PÁRAMO CLOTHING SYSTEMS

Your 'at a glance' guide to what garments go together well for different activities and different environments, answering the questions we frequently get asked about how to combine Páramo.



### PÁRAMO PEOPLE

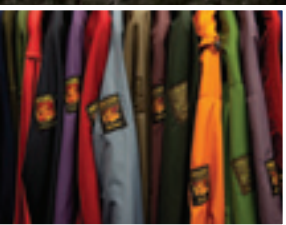
Páramo goes places – take inspiration from our contributors who've taken their Páramo on adventures on foot, on wheels, on water, on snow, on ice. From 'Planet Concordia' to the Isle of Arran, from the Munros to marathons, from snowshoeing to Snow Leopards... Enjoy their tales – and then let us know how your Páramo gets on and where it ends up!



### PÁRAMO INITIATIVES

Read about our new Recycling Scheme on page 31 – and how you can make sure your old jacket continues to give value.

Check out our Páramo Partner retailers – ensuring you can buy any Páramo you need and still support your local independent outdoor retailer.



### PÁRAMO QUICK REFERENCE GUIDE

Find out what's in our Autumn/ Winter line-up, complementing the more detailed info and advice you can receive from visiting one of our helpful retailers, checking for colours, sizes and availability on [paramo.co.uk](http://paramo.co.uk), meeting us at events around the country or contacting our Customer Service team on **01892 786444**.

*"I have two Doctors,  
my left leg and my  
right leg".* G.M. Trevelyan

*"Climb the mountains  
and get their good  
tidings. Nature's  
peace will flow into  
you as sunshine flows  
into trees. The winds  
will blow their own  
freshness into you,  
and the storms their  
energy, while cares will  
drop off like autumn  
leaves."* John Muir

Páramo is a  
carbon balanced  
company



WORLD  
LAND  
TRUST™



## COMPLETE THE PICTURE...

Read this catalogue alongside our Summer & Travel catalogue for a complete picture of Páramo's entire range to keep you comfortable all over the globe, whatever your activity and whatever the weather.

**PÁRAMO**  
*Summer & Travel*

Make sure we have your current email address and we'll ensure you receive an email alert when our catalogues appear – and offer you a paper catalogue if you'd prefer one.

## CONTACT US

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# THE SYSTEMS THAT WILL TAKE YOU FROM HERE TO...

**ON THIS LOG** ARE SIX PÁRAMO SYSTEMS DESIGNED TO PROVIDE OPTIMUM PERFORMANCE AND COMFORT FOR SIX CONTRASTING ACTIVITIES AND ENVIRONMENTS, FOCUSED ON AUTUMN THROUGH TO SPRING.

In detailing each system on the pages which follow, we've started with underwear and baselayers and worked right through to Torres overlayers so you can be prepared for whatever conditions are thrown at you, with minimum hassle.

## **PÁRAMO = LESS HASSLE, LESS FAFF**

And that's the key – choosing a Páramo system means less deliberation about what to wear and what to take; it means less distraction and less changes on the hill or balanced on a ledge; it means a more versatile and adaptable system for more comfort and safety:

- Páramo Directional clothing keeps you drier from inside and out – with less water in the system, there's much less opportunity for discomfort, whatever happens!
- Páramo clothing is built to enable fast and efficient temperature control through ventilation options – you can moderate your temperature without removing/ adding garments;
- Each Páramo layer combines more functions, cutting down the total amount of weight that you need to carry and radically reducing garment changes on the hill, mid activity;
- Páramo garments are designed to work systemically – vents line up, pockets are complementary, hoods fit together...

HILL & HIKE **VERSATILE**

HILL & HIKE **LIGHT**

HIGH ACTIVITY **EXTREME**

HIGH ACTIVITY **VERSATILE**

HIGH ACTIVITY **FAST & LIGHT**

**NATURALLY** PÁRAMO ALL-ROUNDER



## ...WALKING THE HILLS OR THE VALLEYS

For fell walking, hiking or rambling in the UK or abroad, a waterproof system with year round potential that's durable and adaptable:  
**The Hill & Hike Versatile System**



### Cambia underwear

Doesn't hold moisture so you stay dry from the inside

### Grid Classic baselayer

A rapid response, fast-drying baselayer that:

- warms you when covered by a wind- or waterproof
- cools you when worn alone or with a vented outer

### Alta II Waterproof Jacket

- Directional to keep you dry – removing perspiration as well as keeping the weather out
- Great temperature control from upper arm vents, 2 way zip and push up sleeves
- Adjustable hood with wired peak which won't compromise vision
- 5 pockets, including an OS map pocket
- Rucksack protection from foam strips

### Cascada Waterproof Trousers

No need for overtrouser hassle!

- All day trousers, worn next to the skin
- Long side zips for speedy temperature adjustment
- Available in various leg lengths

### Overlayer with Torres Jacket

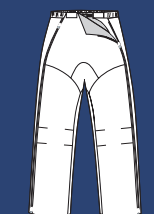
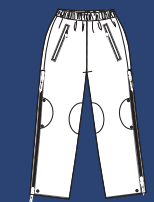
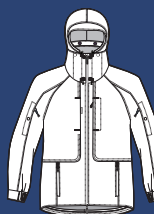
The most innovative and practical insulation – worn OVER your waterproof or windproof. Quick to put on for chosen or enforced stops.

- Synthetic insulation – still warms you in the wet or worn over wet garments
- Minimum weight for maximum warmth
- Full front zip
- Insulated hood & pockets

### Torres Trousers

Fantastic for when you are stationary in cold and wet conditions

- Innovative zip-on design – you don't have to sit down (or fall over!) to put these on
- Articulated so you remain mobile
- A practical aid to survival – and comfort!



## ...BACKPACK OR TREK THE HILLS, WHEN EVERY OUNCE COUNTS

For 100% waterproof protection, when weight is crucial – for those carrying their kit when trekking, backpacking or camping, who will still encounter lots of weather!  
**The Hill & Hike Lightweight System**



### Cambia underwear

- Very lightweight
- Amazingly quick to wash and dry

### Grid Classic baselayer

A very versatile fast-drying and stretchy baselayer – allows a fast response to changing conditions

- Warm when covered by a wind or waterproof
- Cool when worn alone or with a vented outer

### Vista Waterproof Jacket

100% Analogy protection in a lightweight jacket

- Contoured design with scooped tail
- Fully functioning adjustable hood with wired peak
- 2 zipped chest pockets plus map pocket
- Rucksack friendly

### Velez Adventure Waterproof Trousers

Lightweight, waterproof trousers – no overtrousers required!

- Long thigh vents for speedy temperature control on the move
- Contoured shape with ankle adjustment

### Overlayer with Torres Gilet Lightweight + Torres Sleeves

Combine Gilet and Sleeves for lightweight and highly packable insulation to overlayer individually or together for fast warmth – even in the rain.

### Torres Gilet Lightweight

- Go-anywhere gilet folds into breast pocket
- High warmth to weight ratio
- Insulated hand-warming pockets

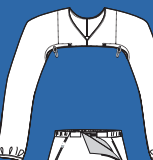
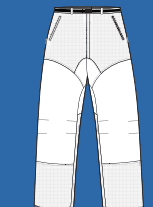
### Torres Sleeves

- Very innovative solution
- Quickly warms the whole body
- Easy to pull on, even wearing a pack
- Practical way to be prepared

### Torres Trousers

Ideal for evenings in the cold and wet. Great for camping – just like a mobile sleeping bag!

- Very clever zip-on construction – no need to take your feet off the ground to put on
- Articulated for easy movement – you stay mobile
- Insulating when wet or worn over wet legwear





## ...EXTREME ENVIRONMENTS OFTEN AT HIGH LATITUDE OR HIGH ALTITUDE

Protection in extreme, even dangerous environments, needing minimal changes, and comfortable when worn for long periods. Allows ease of movement and compatible with helmet, harness and gloves. Good survival qualities for long term, rigorous use!  
**High Mountain Extreme**



### NEW Grid Long Janes (and/ or Cambia underwear)

- Removes perspiration to avoid chilling or chafing
- Provides excellent insulation under legwear
- Doubles as expedition sleepwear

### Grid Technic baselayer

- Very versatile, fast-drying, stretchy baselayer
- Excellent insulation when covered by a wind or waterproof
  - Cools when exposed through vents in outer layer
  - Zip neck plus thumb loops for wrist warmth

### Aspira Waterproof Smock

- Highest specification Analogy smock for mountain & expedition use
- Intelligent ventilation minimises garment changes
  - Generous, secure pocketing above harness level
  - Adjustable hood with wired peaks fits all helmets

### Aspira Trousers or Salopettes

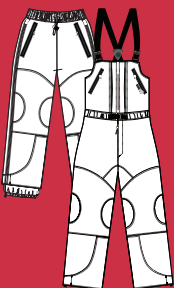
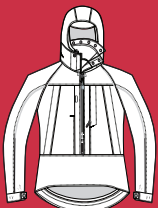
- Tough but comfortable legwear for daylong use – to walk, climb or bivvy in
- Reinforced fabric in likely abrasion areas, with foam inserts for comfort
  - Drop seat accessible even during harness use
  - Full length side zips for rapid venting
  - Calf adjust cords prevent crampon tripping

### Overlayer with NEW Torres Smock Lightweight

- Designed for fast insulation on expedition or high mountain – block insulation to speedily overlayer when stationary or in extreme cold
- Synthetic 133g insulation works just as well in the wet, compresses in a pack without damage, is easily washed/ reproofed
  - Smock design means no zip to engage – extra long front zip for ease
  - Adjustable, helmet-compatible, insulated hood
  - Insulated kangaroo pocket plus chest and internal storage pockets

### Torres Trousers

- Insulating trousers for toasty bivvying, mountain waits and survival
- High warmth to weight ratio – limited pack space
  - Practical zip-on design – no need to sit down, take your feet off the ground or remove boots
  - Wearer can still climb or walk – mobility is not compromised in a bivouac or survival situation.



## ...HIGH LEVEL USE, REQUIRING HIGH ENERGY

For high end climbing, scrambling, ski touring and endurance events. Adaptable to a huge range of conditions and activities – from hot to icy, summer to winter, static to fast movement. Helmet, harness, rope and bike friendly. **High Mountain Versatile**



### Cambia underwear

- Prevents moisture build up next to skin
- Speedy to wash & dry

### Grid Technic baselayer

- Fast reaction baselayer, stretchy and comfortable
- Excellent insulation when covered
  - Cooling when worn alone or with vented outer layers, so ideal for this system
  - Thumb loops and zipped high neck for protection

### Summit Hoodie/ Fuera Ascent

- Exceptionally versatile combo offers equivalent waterproof protection to the Aspira when Nikwaxed
- Large torso/ sleeve vents for temperature control, accessible when wearing a pack
  - High pockets and contoured fit – works well with harness or on a bike
  - Helmet friendly hoods

### Stretch Pants/ Quito Trousers

Adaptable, hard-working partnership

### Stretch Pants

- Fleecy inner directs moisture away from skin
- Ease of movement

### Quito Trousers

- Stand alone legwear or wear as overtrousers
- Lightweight, very packable Analogy waterproofing for effective moisture removal
- Ingenious zip-on design – no need to take your feet off the ground or remove footwear/ skis

### Overlayer with Torres Core & Sleeves

Combine Core with innovative sleeves for highly packable insulation that can be overlaid separately or together to give fast warmth

### Torres Core

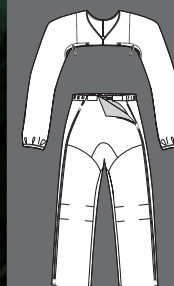
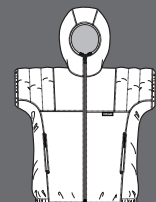
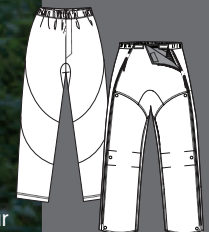
- Not just a gilet – fully insulated, adjustable hood
- Capped sleeves trap heat in and keep water out
- Insulated hand pockets

### Torres Sleeves

- Help to speedily warm whole body
- Maintain circulation to hands
- Pull on quickly even when wearing a pack
- Very lightweight, use minimal pack space

### Torres Trousers

- Very practical and portable leg insulation – great for wild camping & bivvying
- Zip on construction to put on easily
  - Insulate even in the wet or over wet legwear.





THE SYSTEM THAT WILL  
TAKE YOU FROM HERE TO...

## ...FAST & LIGHT USE, NEEDING LOTS OF ENERGY

For effective weather protection plus perspiration removal for a combination of different high energy activities – walking and running, mountain biking or paddling, skiing or scrambling. Lightweight option for adventure races, endurance events and adventurous travel when every ounce matters. **Fast & Light**



### Cambia underwear

- High wicking performance underwear in choice of styles
- Flat seams and careful elastication for comfort
- Very quick to wash and dry



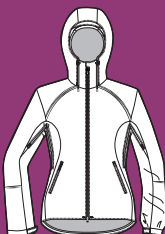
### Cambia Sport baselayer

- Close-fitting contoured baselayer
- Fast wicking, prevents perspiration pooling
- Reversibility gives two levels of cooling



### Mirada Jacket

- Our lightest Analogy jacket – weather protection combined with sweat removal
- Unique and generous sleeve/torso vents for rapid temperature adjustment
  - Contoured styling – no loose fabric
  - Long sleeves – good for cycling
  - Fully adjustable hood and intelligent pocketing
  - Highly 'stufferable' – soft and flexible



### Velez Adventure Trousers

- Lightweight, all-day waterproof trousers eliminate the need for overtrousers
- Long thigh vents for temperature control
  - Contoured feminine shape with ankle adjustment



### Overlayer with Torres Sleeves

- Innovative packable insulation easily overlaid for fast warmth during or after activity, without removing layers
- Delivers warmth to whole body but minimal to carry
  - Quickly pulled on over jacket or baselayer, even when wearing a pack
  - Synthetic insulation – still effective in the wet and not damaged by rain or compression



## ...NATURE WATCH IN COMFORT

Full weatherproofing that moves moisture when you are moving and keeps you warm when stationary. Plentiful, intelligent pocketing. Robust and durable but quiet, soft and in muted colours for genuine 'fieldwork'. **The Naturally Páramo all rounder system**



### Cambia underwear

Wicking fabric that doesn't hold moisture so you stay dry from the inside



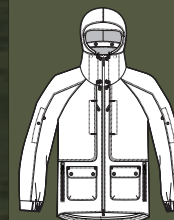
### Trail Reversible Shirt

- Wear fleecy side in for warmth and dryness next to the skin
- Full front opening for ease
- Traditional collar for protection
- Pocket with secure hidden inner pocket



### Halcon Waterproof Jacket

- 100% waterproof protection that removes perspiration
- Rustle-free fabric able to stand up to the rigours of fieldwork
- Adjustable hood with wired peak – moves with you, so not compromising vision
- Temperature control from upper arm vents, two way front zip and roll-up sleeves
- 9 generous and well-placed pockets inside and out



### Pájaro Waterproof Trousers

- Quiet and soft waterproof trousers – no need for overtrousers!
- Two hip pockets and large cargo pocket



### Overlayer with Torres Jacket

- Provides easy extra warmth in a hide or waiting for the right light, added over your jacket for immediate benefit, even in the rain or when your jacket is wet.
- Insulated hood and pockets



### Torres Trousers

- Ideal for prolonged waits in the cold and wet. Good warmth to weight ratio gives great benefit from limited pack space.
- Innovative zip-on design – no need to sit down or take your feet off the ground to put on
  - Wear alone or over any legwear for cosy comfort.





**Páramo was set up by Nikwax's founder, Nick Brown, with a mission to improve people's outdoor experience by developing outdoor clothing with real improvements over existing gear – and so it has continued...**

### *Fabric innovation*

**1984** Nikwax Analogy waterproof fabric was radical when Nick first engineered its design and tested it in the Andes, based on the principles of how mammal fur works. This Directional fabric set new standards in 'breathability', being able to move liquid water as well as water vapour – and working in all conditions, whatever humidity or temperature.



**1995** Launch of Parameta S temperature control fabric – reversible magic! Wear the smooth side to the skin to cool you, fleecy side in to stay warm and dry.

**2001** Rapid evaporation fabric Parameta A introduced for trek & travel wear – this phenomenally quick-drying fabric uses every last drop of perspiration to cool you, protects against harmful UV rays and deters biting insects.

**2009** New lightweight Analogy waterproof fabric arrives – perfect for those travelling 'fast & light'.

**2012** Parameta G fabric brought in for rapid response baselayers – combining efficient moisture removal with insulation when covered with a wind- or waterproof, or quick cooling when exposed.



### *Functional rethink*

**1995** Páramo introduce 'front of the arm vents' that actually let warm air out and cool air in rather than being trapped under the arm in conventional 'pit zips'.

**1996** Upside down gaiters – simple but effective! Easy use and simple access with Páramo gaiters as the front zip opens from the bottom.

**2006** Overlayering – the Páramo solution to staying warm in the cold and wet. Torres insulation is worn over your waterproofs – far more practical than carrying an extra fleece layer to put on.

**2009** Separate Sleeves – Torres insulation for the arms has to be experienced to be believed. Arms are crucial to whole body comfort and immediately you don the sleeves you feel the impact – with minimum weight to carry.

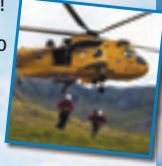
**2009** How to put on trousers outdoors! Páramo's alternative to balancing on one foot or sitting down in the mud, the Torres insulating trousers and Quito waterproof trousers make it easy to quickly cover up your legs with a crafty zip on/ zip off construction. You can even put trousers on over skis!

### *Professional input*

**1990** Nick asked mountain instructor Greg Care to develop the first Páramo garment. Greg still oversees elements of design and testing from his Lakes base, placing gear on test with outdoor pros.



**2005** Pájaro Jacket introduced with key input from Nature professionals. Páramo is the choice of wildlife watchers such as cameraman John Aitchison, photographer Andy Rouse, plus plenty of notable wildlife television presenters!



**2010** Mountain Pro gear introduced in direct response to requests for Mountain Rescue teams around the UK. Some 30 Rescue teams already choose Páramo for their uniform, as well as British Antarctic Survey, Natural England and the National Trust for Scotland.

At Nick's instigation, new ideas, new initiatives, new designs mean Páramo has continued to forge ahead in so many areas. Thanks to so many of you outdoor adventurers taking the leap of faith over the years, and telling your friends about your experience in Páramo, we continue to go from strength to strength. **So join the revolution...**

### *Long term performance*

**1990** From the very beginning Páramo have offered a Lifetime Guarantee on their garments – and have surprised wearers with their longevity and durability, plus ability to be repaired and re-waterproofed with environmentally friendly Nikwax aftercare.



**2001** British repairs workshop expanded to provide a better service – Páramo are one of the few manufacturers who repair and rejuvenate gear inhouse to give it a longer life!

**2012** Páramo launch their Recycling Scheme – reducing landfill and rewarding Páramo users – see page 31.



### *Ethical manufacture*

**1992** Production started in Bogotá, Colombia. Nick found a workshop with 2 sewing machines employing a few women, run by the Miquelina Foundation to help desperate women to learn a trade and earn money.



**1997** With encouragement from Páramo, Miquelina became an independent charitable foundation.

**2002** Miquelina obtained ISO 9001 accreditation, a highly regarded international award that assures dedication to quality. The factory had invested in the most up-to-date computer-aided cutting and pattern-making machinery plus had a staff of more than 150.

**2003** Miquelina received the prestigious annual 'Contribution to the Community' award from the leading Colombian newspaper 'El Tiempo'.

**2010** Páramo was the only clothing company named a 'Best Buy' by Ethical Consumer magazine in their review of outdoor gear.



**2012** 20 years on Miquelina produces over 80% of Páramo garments and helps hundreds of women each year with training, jobs and housing plus care and a canteen for their children.



### *Environmental commitment*

**1990** Lack of membranes or laminates in Analogy waterproofs, no need for taped seams – all means Páramo garments don't suffer from built-in obsolescence, can be renewed and can be recycled.

**2006** Páramo began donating money to Trees for Life for each Pájaro and Halcon Jacket sold – so contributing to the restoration of the Caledonian Forest in the Scottish Highlands.

**2007** Páramo launched their carbon balancing initiative, working with the World Land Trust to offset all their primary carbon emissions for the past 10 years and the present day.

**2012** Páramo launch their Recycling Scheme – reducing landfill and rewarding Páramo users.



### *It's got your vote!*

**1997** Readers of Country Walking magazine voted the Scala 'Best Waterproof Jacket'.

**2005** Páramo voted 'Best Waterproof Jacket' in the first walk magazine awards – and in every subsequent walk awards since!

**2008** Páramo voted 'Best Clothing Brand' by outdoorsmagic.com.

**2011** Páramo voted 'Best Overall Walking Brand' and 'Best Clothing Brand' by walk readers and BBC Countryfile readers respectively.

**2012** Páramo People continue to contribute their adventures and experiences with Páramo – read them on the pages that follow... and then contribute your story!



# *From one man's vision...*

*...to your many adventures...*



# PÁRAMO ON PLANET CONCORDIA



WHETHER ON PLANET CONCORDIA  
OR PLANET EARTH, I COUNT ON  
PÁRAMO FOR LIFE AT THE EXTREME!



**As a British Medical Doctor who's lived, worked and travelled through 60 countries, I'm used to life at the extreme.** I'm working one year in Antarctica, conducting human spaceflight research for the European Space Agency. The only British expedition member, I live alongside a crew of 12 European scientists at Concordia Station, a French-Italian inland research station, at 75°06'06"S – 123°23'43"E, 3800 metres equivalent altitude (caused by very low air pressure) on the Antarctic Plateau – the world's largest and coldest desert. Alongside the hypoxia we suffer, struggling for each breath on exertion, we endure the world's coldest temperatures ever recorded – dropping below -80°C.

I travelled 17,500 km through rain, blizzards, snow and ice to get here, to dive headfirst into Antarctic winter – the worst in the world. The current outside temperature is -73°C with wind chill below -90°C. You risk your life each time you go outside. With 3 months complete darkness, it's like living on the dark side of the moon. We're completely isolated from February to November – no opportunity for emergency medical evacuation or equipment resupply.

**Dr Alexander Kumar FRGS**  
Concordia Station Doctor,  
Institut Polaire Français (IPEV)  
European Space Agency  
sponsored Research MD  
ITACE 2014 Expedition Doctor  
& Chief Scientist  
[AlexanderKumar.com](http://AlexanderKumar.com)

Put simply, Concordia is in the world's most extreme and hostile environment, the closest anyone can come to living on another planet – I call it Planet Concordia – making it one of the most authentic space analogue environments.

I chose Páramo clothing as Páramo have been official supplier to the British Antarctic Survey (BAS) for many years, so I knew their products could survive these extreme conditions. In fact, I'm wearing 'Antarctic history' – Páramo's BAS clothing was a contender for the 100th object in BBC Radio 4's fascinating series, 'A History of the World in 100 objects'.

Stopping by their London store, I was hugely impressed and reassured when their systems and fabrics were explained to me. Being active outdoors here keeps you warm but you risk losing heat via moisture build-up. Páramo allows me to maintain a stable body temperature and moisture never gets a chance to make me suffer.

I use the Torres overlaying Jacket and Core and practically live in my Torres Trousers – testament to their comfort.

For protection against the elements, like BAS I use an Aspira Smock and Salopettes which are versatile, strong, waterproof but breathable, and offer high visibility in case of an emergency. Important for those needing to keep their hands free, spacious pockets with easy access hold vital equipment – life-saving medication, photography items or delicate scientific instruments awaiting installation. The system has proven itself again and again, crouching and kneeling on 3,233 metres of ice, beside our resident Glaciologist, packaging snow samples far from the warmth of base on Planet Concordia!

## Páramo protects STUDENTS From abuse!

Dr David Hillebrandt

**Over the last 10 years the UK UIAA/ICAR/ISMM and University of Leicester Diploma of Mountain Medicine has trained well over 100 doctors, nurses and paramedics from the UK and abroad in mountain medicine skills.**

The four module course consists of theoretical teaching plus extensive practical mountain training in Snowdonia, the Scottish Highlands and European Alps. Páramo have repeatedly supported the Scottish module by the loan of clothing for participants. In February/ March 2012 the course was again run in Lochaber with help from the local mountain rescue team and staff at the Belford Hospital in Fort William. Medical students in Scotland can apply for a Belford placement on the grounds of interest in mountain activities, so over the years we have mercilessly press-ganged them as "dummies" for our cliff rescue scenarios.

Diploma delegates navigate out of mist, snow, sleet, rain and wind to find a couple of "casualties" stranded on a muddy cliff. Our UIAGM guiding team and faculty doctors carefully monitor their mountain and medical skills. For the dummies this means two days of repeated exposure to the elements waiting for rescue – several hours each day of misery masquerading as an opportunity for good, but unique, medical training.

This year delegates turned up at the incident wearing a variety of Aspira jackets, trousers and salopettes but the student 'casualties' had sensibly grabbed all the Torres jackets and trousers. These are generally too warm for those navigating but ideal for the "dummies". I'm pleased to report that the hypothermia they were meant to suffer as part of the scenario was well acted but certainly not real, despite lying on exposed ledges for several hours. Also impressive was the way the clothing kept the students dry and recovered well from the wet peaty mud coating where the subjects lay.

The student victims appeared happy when offered a free dinner and dram after the day's education and specifically thanked the staff at Páramo who seemed to have their welfare at heart!

For more details of the UK Diploma of Mountain Medicine see:  
[www.medex.org.uk](http://www.medex.org.uk)





# THESE SNOWSHOES ARE MADE FOR WALKING

Indie Lyndale [snowshoeingholidays.co.uk](http://snowshoeingholidays.co.uk)

AS AN INTERNATIONAL MOUNTAIN LEADER LEADING CLIENTS ON SNOWSHOE WALKS IN THE MOUNTAINS AROUND THE FRENCH ALPINE RESORT OF MORZINE I HAVE TO BE PREPARED FOR EVERY WEATHER EXTREME



Last winter the temperature went up and down like a yo-yo with huge amounts of precipitation. We had massive dumps of snow building up to 2.6m on the higher slopes and I had the joy of walking through a winter wonderland! On the minus side, when the temperature suddenly rose we got constant rain with dampness that makes you feel cold.

I started the season in December on an avalanche course in the Chamonix Valley – two weeks before the slopes had been green. We ploughed through knee-high powder with great fluffy flakes of snow falling constantly. However, mostly we were standing around as people took turns burying and finding transceivers. I soon felt cold so put on my new kit addition: the Torres Jacket, which warmed me in moments. It is lightweight and folds so small you barely notice it in your rucksack.

Snowshoeing is growing in popularity – it allows walkers to access mountain walks even in deepest winter. I lead snowshoe walks ranging from the gentle to quite serious and have to carry spare kit for myself and the group; the Torres Jacket quickly became an important part of my kit. It is difficult to get the right combination of clothes when snowshoeing as the external temperature is often below freezing but you soon warm up as walking is so aerobic – a warm layer which can be placed over a waterproof when needed is ideal. The Torres Jacket fits the bill as it also stays warm when wet.

When not snowshoeing I go skiing (what a terrible life!). Some days this season it has been extremely cold, -10°C and below with the wind chill, so I have worn the Torres over my ski jacket. It's roomy without being bulky with large pockets great for storage of extra hats etc. I feel really smug when other skiers are saying they are so cold they can hardly bear it and I am smug as a bug in a rug!

A few months back we undertook an expedition to Tajikistan to climb in the Pamir Mountains, known as the 'roof of the world'. They lie between several significant ranges such as the Himalayas, Tian Shan, Karakoram, and the Hindu Kush.

We trekked into a valley which the locals said mountaineers had never set foot in before. The first day we recced the area and discovered some great peaks surrounding base camp.

The Aspira trousers were ideal for attempting these unclimbed peaks

as we had a range of temperatures to deal with. In the valleys you could zip open the sides as you set off for your climb from basecamp. Higher up, the knee and bum padding ensured you didn't get frostbite in those areas whilst belaying. Zipped up, they kept the snow and cold out very well.

Between the team of nine we went up eight mountains over 5,000m unlikely to have been climbed before. At the very least we did new routes, mostly up some terrific north faces. There's a lot more out there waiting to be summited for the first time.

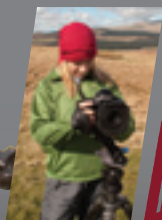
On another expedition to the Arctic, my team crammed into an emergency bothy shelter one day, thinking it was a 12-man one. It's not a good idea to squeeze 13 people into an 8-man bothy, especially with crampons on. I was beside my superb co-leader, Andy Ruck, and was very glad to have Aspira on, with their great padding, as his crampons hit my bum. The foam panel saved me from a painful and embarrassing outcome. It's the only time on that exped we didn't get on really well!

Spike Reid

INSPIRING Mountain trousers to help you get up anything ASPIRAS



TO ARRAN AND BEYOND MORAG PATERSON [LEEMINGPATERSON.COM](http://LEEMINGPATERSON.COM)



Having chatted with photographers about how to stay cool going up hill, warm at the top when you're stationary for long periods, then a happy medium for the way down when you're not working so hard – I'd hit a bit of a wall in terms of 'do it all' clothing.

One day someone suggested Páramo had really innovative gear and – already owning a pair of their

excellent Cascada Trousers (that let you crawl around in long grass for hours without ending up sodden) – I was keen to try more. Visiting the Outdoor Show in London I left with a Mountain Pull-on and Torres Trousers.

As someone who suffers the cold to the point of coming out in hives, but spends a good deal of time at the top of the hills, light, packable items offering excellent insulation are a must. The Torres Trousers didn't

disappoint – on a pre-dawn hike into the westerly hills on the Isle of Arran, with an ambient air temperature of -7°C and a northerly to knock you off your feet, I was as warm and toasty as if I was sitting at the fireside at home. Well, nearly. Even better, they pack into a tiny space in the camera bag, ready to whip out on the summit, their unique fastening meaning they can be put on over trousers and boots without expert gymnastics.

As for the Mountain Pull-on, I've rarely been out of it, whether hiking up hills taking photographs or slogging my bike on the local trails. The luxuriant feel of the super soft inside does nothing to detract from its superb wicking capabilities. As someone who normally opts for a quick change of base layer at the top of the hill, I'm very glad to skip this step and carry on with the same gear I wore on the way up!



# A passion for walking

Steve Pattemore

**My passion is walking, it doesn't really matter where, just so long as I'm in the great outdoors, and that's where Páramo clothing comes in...**



I have walked the South West Coast Path, the West Highland Way and climbed all 214 Wainwright Fells in the Lake District, many of them more than once and in all weathers.

I have been wearing Páramo clothing for my walking for probably ten years now. I have yet to find its equal for comfort and functionality – you hardly know you are wearing it, which is as it should be! It is soft, extremely comfortable, and it is easy to regulate your body temperature with arm and leg zips. I find their layering system works particularly well.

Cambia Boxers, Cambia long or short sleeved Tee and my recently acquired Velez Adventure Light Smock and Velez Adventure Light Trousers are sufficient for most conditions.

When conditions turn a little colder, the Torres Sleeves make a world of difference – as I experienced in a vicious hail stone storm on Blencathra in the Lake District. I was as warm as toast within my Velez combination and Torres Sleeves whilst all around turned white and frozen.

The great thing about Páramo is that you don't need to carry other items like Waterproof Jackets and Overtrousers because you are already wearing them, so less weight to carry on your travels, more room in your rucksack, and less time spent faffing

about with changing clothing, sometimes in inclement conditions.

On a trip to Scafell Pike in the snow last year I wore the Cambia base layers, the Cascada Trousers and the Alta Jacket in temps of -5°C with a biting windchill. I was amazed that I remained warm and comfortable throughout the day without the need for any mid layers. I have set out to walk the South West Coast Path again, in the opposite direction this time, and, of course, Páramo will be with me every step of the way.

The National Trust for Scotland Munro Challenge was a venture to raise awareness of the Trust's countryside properties, particularly the work carried out by our hard-pressed footpath maintenance team.

'High Ambition' is a personal account of that Challenge – to climb all 46 of the Trust Munros in one year, culminating in an ascent of Ben Lawers on the 155th anniversary of Sir Hugh Munro's birth.



'High Ambition' is available for £5 at [www.nts.org.uk/shop](http://www.nts.org.uk/shop) – all proceeds donated to the NTS Footpath Fund.

Throughout the year taken to climb the 46 Munros in the Trust's care, I wore Páramo, which has stood me in good stead for many years. Cascada Trousers are a great piece of versatile kit. Their flexibility perfectly suits the sudden variations of weather for which Scottish mountains are well known. They kept me comfortable and dry in stormy conditions, snow and mist – and with the venting zips even in the blistering hot sun. I used the Quito jacket in wet weather. I'm used to wearing this for day trips into mountains, as well as for cycling, to keep rain at bay. It's both light to carry and performs extremely well.

Cambia base layers were comfortable and wicked moisture effectively. Combined with the Mountain Vent, they kept me warm (or cool depending on conditions) throughout. When wind chill made the temperature drop, a Fuera Windproof was all I needed to keep up the level of comfort.

**Gus McKinnon**



Ian Maxwell, Shadowhawk.co.uk

I run a wildlife tracking school, travelling the world to track some of the world's most dangerous animals in some of the most hostile environments – deserts, jungles, the frozen

north of Eastern Europe to the Himalayas. I've sought weird and wonderful animals, including the Yeti in the Himalayas, the Sasquatch and the mythical big cats roaming the UK.

I can't take risks with equipment – if it fails, the consequences could be dire. So I apply my torture test. I use the clothing until it fails or just keeps working. If it gets through, that's the kit I use, knowing it won't let me down when the going gets tough. I chose Páramo because it keeps me dry and keeps the wind off. It can be repaired in the field, and doesn't rustle, so I get closer to wildlife. This week a deer came right up and still didn't spot me.

My Páramo smock is jam-packed with really useful features – and it survived my torture test with flying colours!





# Cold? Least of my worries!

Georgina Dawkins

I always told people "I really feel the cold". But I love being outside and active. Fine in summer but in winter I'd be bundled up like Michelin man – veering wildly between too cold and too hot. I went to a Páramo demonstration, but couldn't really believe that a garment so soft and light could keep me warm and dry! However, I bit the bullet and bought a Velez Adventure Light (and a Reversible Shirt just in case I got cold!)

It stood up very well to lashing rain on a canal boat trip recently – rain was dripping off my nose but I was snug and dry. It has come on numerous climbing trips – surviving the rigours of Peak District gritstone and Pembrokeshire sandstone. If that wasn't enough, I wore it on a 15 hour traverse attempt on the Cuillin Ridge. With a combination of gusting winds, and 10 metre visibility making navigation questionable at best, plus my first abseil, the only constant was that, for the first time in my life, I was neither too warm nor too cold.

With an ever-growing respect for this lightweight, versatile piece of clothing, I decided to test it further by going for a yomp up Snowdon in 80 mph winds and blizzard conditions. I was fine. Better than fine in fact!

My first ice-climb took me to Idwal Stream, a more-or-less gentle romp uphill (WI II/III) in a slight blizzard. Yes, I got warm on the walk-in but the venting in the jacket soon evened things out again and the blizzard didn't bother me one bit. My second ice-climb was much more testing. I dressed in a baselayer, my Parameta S and my Velez. A surprisingly hard WI IV/V up South Gully left me exposed on a belay ledge for an hour, but luckily I was left with a Torres belay jacket so was relatively warm. Despite being exhausted, mentally and physically, during this climb and worried whether I'd make it to the top of South Gully alive (joke, mum!), I definitely wasn't worried about being cold!

Over the last year or so, the Velez has gone everywhere with me. I don't look at anything else for outdoor activities. Whether going to work in inclement weather or doing something more exciting, it is my go-to garment.

Now I say to people "Let's go! I don't feel the cold."

Georgina Dawkins



## All Weather Running

In 2010, a Mum with a very young family, I nervously signed up for my first marathon...



Two years later I've completed 32 marathons including races of 45, 50, 100 and 105 continuous miles. I hold a World Record and on July 11th I was very honoured to be an Olympic Torchbearer selected for the thousands of pounds I've raised for charity through running.

To date I have never failed to finish a race even in the most horrendous conditions – and my Ladies' Velez Adventure Light Waterproof Smock has played a huge part in this.

I purchased my smock shortly after my first marathon when heading out on the 3 Peaks Challenge (Ben Nevis, Scafell Pike and Mt Snowdon in under 24 hours). I feel the cold so wanted a jacket warm enough for freezing temperatures on Scafell Pike in the middle of the night, yet cool, lightweight and flexible enough to run down Ben Nevis in afternoon sunshine. I got just that with my new smock and had a fantastic run, completing the challenge in 22 hours.

I'm often referred to as 'The Lady in the Green Coat!' as I take my smock everywhere with me. It was worn during the full 45 miles from Wendover to Little Venice in January where I finished as 3rd lady in the

Country to Capital ultra race. The temperature at the start was -6°C and I was all zipped up, in glorious winter sunshine at the finish I was unzipped and cool as a cucumber.

In the Thames Path 100 ultra race in March, my smock kept me dry and warm through the horrendous weather in the final hours of the race. After 22+ hours on your feet your condition can deteriorate rapidly. Hypothermia can quickly take hold when exposed to the cold as your body has no energy left to keep warm. My smock has kept me alive many times! The front pocket is fantastic for storing phone, gloves, maps, snacks, torch etc and the hood keeps your head warm.

As a Mum, I do ordinary things too! I enjoy family bike rides, walking to school, and – you guessed it – I use my smock for those too. The one item in my wardrobe I couldn't live without!

Wendy Shaw



# LOCATION: LADAKH, NORTHERN INDIA MISSION: TRACKING SNOW LEOPARDS

**The trip of a lifetime to Hemis National Park. Few words can describe such a rare and beautiful sight – the Snow Leopard, truly the ghost of the mountains.**

A couple of days to acclimatise to 3,500m altitude then we're off for the wilderness foothills of the Himalayas, the very tip of Northern India. A journey not for the faint-hearted, the rubble track lies inches from a sheer drop, interjected with hairpin bends, randomly placed machinery and local workforces repairing the road.

Setting up camp by the river of crystal clear, ice cold mountain spring water seemed quite normal in this newly discovered wonderland. It felt unspoiled, like we were the first to find it.

There followed five days of trekking goat tracks, up rock escarpments and 'skiing' down slate-screed mountain sides, breathing unspoiled mountain air with never-ending snow-capped mountain peaks always in the distance.

Scrambling up rocks before breakfast to see a distant Snow Leopard crossing the mountain above our campsite is a memory carved not only as an image, but also as a feeling of pure freedom – and, quite simply, painful to leave behind.

If you experience this for yourself, wear Páramo! It's lightweight and packs to nothing – excellent when you have to squeeze everything into a day bag **and** carry it. Their baselayers, waterproof and windproof clothing systems were exactly what I needed when facing nature's elements in this extreme environment.

**Rebecca Porter**  
www.whf.org.uk • www.stepsdiscovery.co.uk

## CAMBIA BASELAYERS

UNIQUE  
**PARAMETA 7**  
REVERSIBLE  
FABRIC



- Soft & stretchy for freedom of movement and comfort
- Reversible giving you two choices of cooling
- High wicking and rapid drying

### CAMBIA CLASSICS



**Short Sleeve**

£29



Ladies' **130g** | Men's **133g**  
Black | Magenta | Moss | Chilli-Pepper | Moss | Slate



**Zip Neck**

£38



Ladies' **170g** | Men's **197g**  
Magenta | Moss | Slate | Moss | Slate

➤ Traditional, generous style T-shirt in 2 designs for men & women

### CAMBIA SPORT



**Sport Long Sleeve**

£36



Ladies' **136g** | Men's **164g**  
Flame | Azure | Reef | Fir Green

➤ Contoured styling and close fitting – perfect for high energy activities

### CAMBIA UNDERWEAR

**Briefs**

£20



Ladies' **31g** | Men's **60g**

Available in double pack £36

**Microshorts/Boxers**

£20



Ladies' **40g** | Men's **70g**

**Men's Long Boxers**

£22



Men's **82g**  
Various colours available

➤ Don't forget your undies! Stay dry and comfortable from the inside out

## GRID BASELAYERS

### PARAMETA G

RAPID  
RESPONSE  
FABRIC



- Warms you up, cools you down and dries rapidly
- Worn under a windproof or waterproof you'll remain warm
- But due to the fabric's high air permeability you will cool quickly when the outer is vented or removed
- High wicking
- Stretchy and soft



### GRID UNDERWEAR

**NEW!**

**Ladies' & Men's Long Janes / Johns**

£35



Ladies' **140g** | Men's **166g**  
Foxglove | Black

➤ Stretchy, soft next-to-skin baselayers with excellent insulating qualities, ideal beneath Directional waterproof or windproof legwear.

- Simple design with flat seams to optimise comfort
- Broad and gentle elastic at waist
- Cuffs at ankles to prevent riding up
- Men's design has fly front

### GRID CLASSIC

£45



Ladies' **178g** | Men's **234g**  
Foxglove | Moss | Black | Moss | Black

➤ Long sleeved ladies' design with a simple round neck line. Men's design adds a zip-neck.

### GRID TECHNIC

£55



Ladies' **200g** | Men's **258g**  
Dolphin | Black | Black | Dolphin

➤ Optimum ventilation via deep chest zip. Thumb loops hold sleeves in place. Men's version has front chest pocket.



# SHIRTS, FLEECE & WINDPROOFS

**UNIQUE PARAMETA S REVERSIBLE FABRIC**

**PARAMETA S**  
REVERSIBLE  
FABRIC

- Superb wicking action
- Reversible – two garments in one: warm one way, cool the other
- Durable, wind resistant and rapid drying
- Truly versatile – wear as baselayer or fleece

**NIKWAX WINDPROOF FABRIC**

- Fantastic breathability
- Lightweight yet tough & durable

**NIKWAX FLEECE FABRIC**

- Insulating and cosy
- Continues to work in high humidity

- Combine Nikwax Windproof with Nikwax Fleece for a multi-function waterproof system
- Renewable water repellency with Nikwax TX.Direct

**FLEECE/WINDPROOF COMBOS**  
DESIGNED TO BE COMBINED OR WORN ALONE

**Summit Hoodie + Fuera Ascent**

£117.50 £65

Summit Hoodie 580g Fuera Ascent 380g

Black Reef Chilli Pepper

➤ Versatile and flexible mid-layer/windproof combination with fantastic ventilation

**REVERSIBLE SHIRTS**

**Trail & Camino**

£58

Ladies' Camino 320g Men's Trail 370g

China Blue Thistle Lavender Chilli Pepper Navy Forest

➤ Collared shirt with traditional styling

**WINDPROOFS**

**Fuera Smock & Ladies' Fuera Crest**

£55

Fuera Smock 290g Ladies' Fuera Crest 284g

Moss Reef Black China Blue Cerise

➤ Durable, water repellent windproofs with hoods and zipped pockets

**Taiga Fleece + Fuera Jacket**

£140 £75

Taiga Fleece 790g Fuera Jacket 532g

Moss Navy Black Navy

➤ Combine 5-pocket fleece with robust windproof for complete weather protection or wear separately

**Mountain & Mountain Vent Pull-on**

£62.50 £79

Mountain Pull-on 331g Mountain Vent Pull-on 354g

Moss Black Cobalt Black

➤ Closer fitting baselayers with chest pocket and scooped tail. Mountain Vent has through-to-skin arm ventilation

**Challenger & Explorer Pull-on**

£67.50

Ladies' Challenger 361g Men's Explorer 395g

Thistle Moss Chilli Pepper Black

➤ Generously sized with large twin zip front pocket for venting or storage

**Stretch Pants + Fuera Trousers**

£42 £50

Stretch Pants 256g Fuera Trousers 297g

Navy Dark Grey

➤ Comfort and water resistance is combined in this highly versatile duo

# DIRECTIONAL WATERPROOFS

**NIKWAX ANALOGY FABRIC**

- Shifts perspiration and condensation from inside to out
- Works regardless of the temperature or humidity level
- Quiet, soft and flexible yet incredibly durable
- No membranes/ laminates – so last much longer
- Waterproof performance is renewable with Nikwax aftercare – indefinitely!

**JACKETS & SMOCKS**

**Aspira Smock**

£290

Ladies' 852g Dolphin Cerise

**Men's Aspira Jacket**

£300

Men's 841g Fire Cobalt

➤ Fully-featured for the most extreme environments and activities. Helmet and harness compatible, they offer numerous pockets, head protection and ventilation options.

**Halcon Jacket**

£310

Ladies' 894g Moss Men's 967g Moss

➤ Nature professionals' choice with a generous 9 pockets plus fleecy collar and handwarmers

**Pájaro Jacket**

£270

Ladies' 835g Moss Men's 885g Moss

➤ Endorsed by nature watchers for its 5 well-placed pockets

**Velez Smock**

£200

Velez Smock 720g Cobalt Black Citrus

➤ Our original multi-activity smock with twin zip ventilation and detachable/roll-away hood

**Cascada Jacket**

£200

Ladies' 830g Heather Peacock Lavender Men's 860g Forest Navy

➤ A ramblers' favourite! Classic long-line walking jacket with double storm flap and renowned Páramo hood

**Alta II**

£245

Ladies' 785g Heather Foxglove Lavender Men's 849g Fire Fir Green Cobalt

➤ Longer length walking jacket with upper arm vents and 2-way front zip for temperature control

**Velez Adventure Smock**

£200

Ladies' 710g Azure Lavender Heather Men's 720g Dark Grey Black Cobalt

➤ All the proven features of the Velez but comes with a fixed, roll-away hood



# DIRECTIONAL WATERPROOFS

**NEW!** Ladies' Andina Jacket & Men's Pasco Jacket **£220**



Andina Jacket **634g** Pasco Jacket **657g**  
Elderberry Fire

- **Perfect for walkers and backpackers who enjoy demanding levels of activity.** Offering the most generous sleeve/ torso ventilation for speedy, 'on the move' temperature control.
- Longer sleeve length
  - Reflective strip (front and back) for improved visibility
  - Ladies' Andina has female-friendly styling including a uniquely shaped hood to accommodate hair comfortably

**ANALOGY LIGHT FABRIC**



- 100% Analogy waterproof protection and Directionality for genuine breathability
- Lighter weight outer reduces overall garment weight by almost a fifth
- Silky, soft and highly packable
- Ideal for travelling fast and light when every ounce counts!



**LIGHT WATERPROOFS**

Quito Jacket **£220**



GearWeAre.com Recommended TTTTT

Quito Jacket **500g** Citrus Butternut Black

➤ Lightweight with extensive sleeve/torso vents for maximum temperature control

Vista Jacket **£220**



Vista Jacket **562g** Reef Blue Black

➤ Simple yet stylish jacket in contoured design with two zipped handwarming pockets

Ladies' Mirada Jacket **£220**



Mirada Jacket **491g** Black Foxglove

➤ Stylish, lightweight ladies' jacket – perfect for high energy use. Designed to look great on or off the hill

Velez Adventure Light Smock **£200**



GearWeAre.com Recommended TTTTT

Ladies' **575g** Men's **584g**  
Foxglove Dolphin Black Fire Moss Black

➤ Our most popular lightweight smock style with tried and tested Páramo twin-zip ventilation



Balaclava **£38**



80g Black

➤ Warm, windproof and waterproof head protection with adjust cords at face and neck


Waterproof Cap **£32**



80g Fire Black Moss

➤ Comfortable headwear with optional ear protection and chin strap

Long Gaiters & Short Gaiters **£52** **£32**



Long **328g** Black Short **150g** Black

➤ Innovative 'zip-on' design means you put them on speedily, while keeping your feet on the ground

Expedition Towels **£20.50** **£15.50**



Large **218g** Compact **133g**  
Various colours

➤ Luxurious and fleecy travel towels that dry rapidly and stay soft

**ANALOGY LEGWEAR**

Men's Pájaro Trousers **£145**



Men's **518g** Moss

➤ Comfort inspired by nature. Plenty of extra storage including cargo pocket

Unisex Aspira Salopettes **£220**



Aspira Salopettes **904g** Black

➤ Top end legwear for mountain and expedition use. 24 hour comfort. Great pocketing and drop seat

Aspira Trousers **£200**



Ladies' **855g** Black Men's **864g** Black

➤ Snowsport and mountain friendly. Sturdy comfort designed for the worst of conditions

Cascada Trousers **£120**



Ladies' **547g** Men's **572g**  
Dark Grey Navy Forest Navy Dark Grey

➤ Wear all day, next to skin, whatever the weather. No need for overtrousers!

Velez Adventure Trousers **£145**



Ladies' **388g** Black Men's **392g** Black

➤ Lightweight, multi-activity trouser – day long weather protection with thigh vents for on the move temperature control

Quito Trousers **£145**



Ladies' **404g** Black Men's **425g** Black

➤ Innovative 'zip-on' design means you put them on speedily, while keeping your feet on the ground



# TORRES INSULATING OVERLAYERS

## NIKWAX INSULATOR FABRIC



- Nikwax Windproof combined with synthetic, water-resistant fill for fast warmth
- Down-like feel and performance that still works well in the wet
- Compress into a pack or wash in a machine without damage
- Practical way to keep warm and dry with minimal hassle
- Clean and reproof with Nikwax aftercare

## OVERLAYERS

**Torres Gilet** – 2 weights available **£80**



Torres Gilet  
405g

Moss

Torres Gilet  
Light 330g

Black



➤ Folds into its breast pocket for clever storage – ready for when fast core insulation is needed

**NEW!**

**LIGHTWEIGHT  
Torres  
Smock**

Torres  
Smock  
630g

Black

➤ Top end lighter weight insulated smock, helmet compatible hood & large kangaroo pocket. Sized to overlayer comfortably

**Torres  
Jacket**

Torres  
Jacket  
667g

Black

➤ Lightweight insulated jacket with insulated hood and handwarming pockets. Quick to overlayer

**Torres  
Sleeves**

Shown here  
on the Aspira



Torres Sleeves  
226g

Black

**GREAT  
PACKAGE:  
NEW Torres Core  
PLUS  
Torres Sleeves  
£140 (save £35)**

➤ Trying is believing! An innovative solution to provide warmth and dexterity to the hands – simply add over your outer

**Torres Core**



Torres Core  
514g

Black

➤ Designed to complement the Torres Sleeves – overlayer with this lightweight hooded insulator for instant warmth

**Torres  
Trousers**



Torres Trousers  
514g

Black

➤ Add these insulating trousers without taking your feet off the ground! Perfect for anyone stuck in the cold and wet

MY IMMORTAL  
**TORRES**

**I showed a talent for losing things in Kyrgyzstan 2009.**

My Leatherman (left in my living room) plus a sleeping mat that fell off my bag. It was a tough expedition, successful but costly. What annoyed me most was my Torres. I'd agonised over the choice of belay jacket and eventually settled on, the then new, Torres Smock. It had not disappointed when taken to the Alps in winter and in summer for an optimistic high altitude bivvy. But on our descent from the Sarychat glacier I was overloaded and somewhere on route my Torres deserted my pack.

Fast forward to 2011, back on the approach to Sarychat. We'd returned for the impressive 5,200m peak at the head of the glacier, still unclimbed. I'd found parts of my sleeping mat, apparently shredded for bedding by

Marmots, so was keeping an eye out for my Torres too. To my amazement, crossing from behind a large boulder, an unmistakable Nikwax Analogy badge stared up from the stream bed. Half buried in shale lay my Torres! I pulled it out and rinsed it off a bit. It had collected a fair bit of sediment in the river over 2 years but looked intact.

After an epic 28hr ascent and descent of Eggemendülük, we picked up my errant Torres. The weight of sediment meant I needed to repack my kit at the airport! I returned the smock to its spiritual home, Wadhurst, and was amazed to see its rejuvenation. After a fair bit of washing (6 hand washes

to remove sediment, 1 hr in a washing machine with detergent, 2 Tech washes and a TX.Direct wash) plus new hood elastic, it is back performing again. Of course I'll never get rid of the slightly 80's acid wash look, UV bleaching being what it is... Still it's now easily my favourite jacket just for its history!

**Gareth  
Motttram**

**Tell us about your adventurous bit of Páramo clothing – and win a new Torres of your own!**

Send details of your errant or super-survivor Páramo clothing (with suitably annotated photos if possible) and the best, judged by Nick Brown, will win and feature in our catalogue. Send to [marketing@paramo.co.uk](mailto:marketing@paramo.co.uk)

**WIN**

**Don't miss your chance to bag a new Solarmonkey Adventurer Portable Solar Charger!**

**WE'VE GOT  
4 TO GIVE  
AWAY WORTH  
£85 EACH**



**powertraveller**  
without boundaries

Award-winning portable charger manufacturer, Powertraveller Ltd, introduces the solarmonkey adventurer; a slim line, compact 2-panel solar charger with a 2500mAh internal lithium polymer battery. Compatible with most 5V devices including iPad, iPhone, mobile & Smartphones, GPS, Sat Navs and more, the compact clamshell design offers efficient solar charging even in low light conditions, whilst in optimum light the panels will recharge the internal battery in just 12 hours.

The kit comes with a handy carabiner for attaching to tents or rucksacks and a bespoke, travel case made from tough, durable materials including a thermal insulation layer to protect the solarmonkey adventurer from the elements, whilst providing storage for all cables and tips. The solarmonkey adventurer also comes with tips for the most popular 5V devices, making it perfect for both the outdoor adventurer and the busy traveller.

**How to enter – you have 3 options:**

- Enter your details at [paramo.co.uk/solarmonkey](http://paramo.co.uk/solarmonkey)
- Email your name, address & postcode to [marketing@paramo.co.uk](mailto:marketing@paramo.co.uk) with Solarmonkey Prize Draw as the Subject
- Send a postcard with your name, address, postcode and email or phone number to: Páramo Solarmonkey Prize Draw, Unit F, Durgates Industrial Estate, Wadhurst, East Sussex, TN5 6DF.

**Closing date: 1st February 2013**

**Terms & Conditions** 1. Entrants must be resident in UK. 2. Only one entry per person. 3. Winners will be notified in writing 4 weeks after the closing date. 4. Employees of Páramo and relatives are not eligible for entry. 5. We reserve the right to feature the name, location and photograph of the winners in future promotions. 6. No purchase is necessary. 7. Páramo will collect your personal data to process your entry. Powertraveller and Páramo may contact you about future products and promotions. If you prefer not to receive information from Powertraveller, Páramo and Nikwax then please ensure that you indicate this on your entry. 8. Entry will be deemed as acceptance of these rules. 9. The judges' decision is final and no correspondence will be entered into.



# HOW TO BUY PÁRAMO

## OUR RETAILERS

Choose a Páramo Partner retailer for expert advice combined with a whole superstore of stock at your fingertips...

Go into a Páramo Partner store and even if they don't have your choice of size and colour instore, they can organise any garment you need from our entire warehouse of stock to be speedily delivered to an address of your choice.

You get helpful, friendly advice and support your local outdoor retailer plus complete choice from our whole range of styles, colours and sizes.

There are regularly changing offers too – and only on the Páramo Partners portal!

Visit [paramo.co.uk/paramopartners](http://paramo.co.uk/paramopartners) to find out more and locate a retailer close to you or the area you are visiting.

## IN LONDON

If you happen to be visiting or to live in London, call at our Covent Garden flagship store to peruse the whole range, check out our latest innovations and join our Páramo Points loyalty scheme, with lots of benefits. You'll find us at 29 Henrietta Street, WC2 or telephone on 020 7379 8615.

Find out more at [paramo.co.uk/londonstore](http://paramo.co.uk/londonstore), including details of our partner brands – f-stop packs, Anatom footwear and walking poles, Teko socks and Superfeet footbeds.

## GO ONLINE

All the colours and sizes of our garments can now be seen and purchased online if you can't get to a retailer. Start by visiting [www.paramo.co.uk](http://www.paramo.co.uk) – each garment offers a **BUY NOW** option as well as **FIND A RETAILER**.

### Also on the site:

- new videos of Páramo garments
- product reviews and testimonials
- more Páramo People – and their adventures in Páramo
- background on our environmental commitment
- more detail on our ethical manufacturing
- aftercare advice

### Sizes & colours – in most cases:

Men's garments come in S, M, L, XL & XXL

Ladies' garments come in XS, S, M, L & XL

Unisex garments span the whole XS – XXL size range

Check [paramo.co.uk](http://paramo.co.uk) for the most up-to-date info on colour and size availability and to consult a detailed size chart.

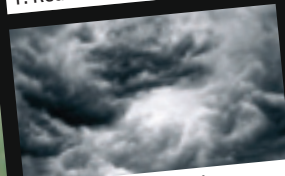
**PÁRAMO**  
PARTNERS



## WHY RECYCLE?



1. Reduce the need for landfill



2. Reduce CO<sub>2</sub> emissions



3. Reduce demand for the extraction of raw materials by conserving the material we've already extracted



4. AND earn yourself a reward to invest in a new Páramo!

# No longer need that old Páramo? WE'LL TAKE IT BACK!



If, like us, you're keen to minimise environmental impact, our new Recycling Scheme provides a suitable way to dispose of unwanted Páramo garments. Simply send us your old Páramo clothing (all except underwear) and we'll either rehome it or recycle it into new fabric. Either way, you'll be rewarded with a generous discount on new Páramo – £50 to spend for any Analogy waterproof you send in, £10 for any other garments.

### So what happens to it then?

- If your old garment can be refurbished, our expert workshop here will do the necessary work so that it can go to an appreciative new owner.
- If it's beyond repair, it can be stripped of components and baled up for shipping to a specialist chemical recycling facility able to preserve the quality of the material.

The Nikwax fabrics we use are uniquely suited for recycling – the same characteristics that make Páramo waterproofs so long-lived and repairable also make them recyclable with the minimum of problems:

- No membranes, laminates or taped seams to cause issues;
- 100% polyester which can be taken back to its basic building blocks and reformed into new high quality fibre, rather than being downgraded to cheaper materials.



When we trialled the Recycling Scheme earlier this year, we had some very happy customers...

"I'm out in all weathers as a motorsports photographer and had replaced my efficient but scruffy old Analogy Jacket with a newer one. The old one was hanging forlornly by the back door for occasional use in the garden, when your offer arrived. I parcelled it up, sent it back to you, received my voucher and was in possession of a Taiga Fleece well within a week – and with a considerable discount." Tony Todd

"I think the scheme is great – products are recycled, the user is incentivised to do so – what's not to like? Simply download and complete the form, post, and a few days later the voucher drops into your email inbox. I'm an Assessor with Lake District Mountain Rescue Search Dogs and have had my Viento Jacket for approximately 10 years and the Cascada Trousers for possibly 8 years." Les Telford

"Thank you for a great idea. I took the opportunity to completely revamp my walking gear – something I wouldn't have been able to afford without the spur of a 'refund'. I was also more experienced on what equipment would best suit my usage." Di Drummond

So, if you can bear to part with that old waterproof that holds so many memories of outdoor adventures and would like to make sure that it has another life and doesn't end up in landfill, then visit [www.paramo.co.uk/recycle](http://www.paramo.co.uk/recycle) to find out more and download a form.



REUSE  
REDUCE  
RECYCLE  
REWATERPROOF



## The safe, high performance waterproofing for wet weather gear.

- Easy and quick to apply at home in a washing machine.
- Maintains breathability.
- WaterBased, non-flammable and fluorocarbon-free.
- Develops full water-repellency without tumble drying.

**FREE**  
**NIKWAX SAMPLES**  
Play our Webquiz at  
[www.nikwax.co.uk](http://www.nikwax.co.uk)

THE SUNDAY TIMES



BEST GREEN  
COMPANIES  
2011

Nikwax® award-winning and safe cleaning and waterproofing solutions are 100% WaterBased and non-flammable.

We are the only established outdoor aftercare company to have never used aerosols or fluorocarbons.



E A S I E R   |   S A F E R   |   D R I E R

**Location photography:** Daniel Wildey, Michael Howard, Stephanie Li, Alex Kumar, Rob Cook, David Hillebrandt, Indie Lyndale, Spike Reid, Morag Paterson, Dan Leeming, Steve Pattemore, Gus McKinnon, Ian Maxwell, Gareth Motttram, Wendy Shaw, Hannes Granberg. **Design:** [www.bakervilcox.com](http://www.bakervilcox.com). Thanks to all Páramo users who contributed stories and photos. Páramo®, Parameta®, Analogy®, Directional Clothing Systems® are all registered Trade Marks of Páramo Ltd. Nikwax®, Nikwax Directional Textiles®, Pump Liner®, Directionality®, Tech Wash®, TX.Direct®, Overlayering® are all registered Trade Marks of Nikwax Ltd. Information correct at time of going to press – Páramo reserve the right to alter or amend the specification of products at any time and without notice. No responsibility is taken for any errors or omissions in this catalogue.