



## **Equipment list**

The below kit lists should see you prepared for the 'average' day out on the hills in Scotland for the given season. You should have this kit for your course and your instructor/guide will advise you about any appropriate changes for the given forecast.

### **Summer walking courses.**

- Comfortable walking boots, preferably waterproof, that provide ankle support.
- Waterproof jacket and trousers.
- Socks.
- Baselayers to be worn next to the skin. (not cotton)
- Comfortable walking trousers. (not jeans)
- Warm mid layers. At least two, one to wear and one as an emergency layer.
- Hats and gloves.
- Head torch.
- A small personal first aid kit. Plasters etc.
- A flask and/or drinks bottle, 1L should be enough.
- A rucksack. Anything larger than a 30L pack will do.
- An orange emergency survival bag.
- If on a course that will require the use of navigation please also bring a compass. Silva 3 or 4 is recommended.

### **Summer scrambling/climbing courses.**

All of the above kit and:

- Helmet and harness
- Belay plate and 1x HMS karabiner.
- Rock shoes (if on a climbing course)

### **Winter walking/mountaineering course.**

All of the kit required for a summer course plus:

- Extra warm clothes.
- Extra hats and gloves. (you should still be able to perform simple tasks with the gloves on)
- Your boots must be stiff soled (at least rated B2) and compatible with crampons.
- Crampons that are compatible with your boots (seek advice if necessary or hire appropriate boots and crampons).
- A walking axe (This can be hired as well).
- Double lensed goggles.

## **Winter climbing courses.**

All of the kit from the summer and winter courses plus:

- Helmet and Harness.
- Belay plate and 1x HMS Karibiner.
- A pair of climbing axes.
- Your boots should preferably be rated B3 (examples might be, Scarpa Cumbre, La Sportiva Extremes)