



## Scottish winter skills, winter mountaineering and winter climbing course kit lists

---

### Winter skills and winter mountaineering courses

- 1) Mountaineering axe\*
- 2) Crampons\*
- 3) Rucksack approx 40 litre\*
- 4) Rucksack liner (thick plastic bag)
- 5) Mountain Boots – B2 or B3 boots
- 6) Gaiters
- 7) Base layer – wicking, non cotton
- 8) Fleece x2
- 9) Long Trousers – non cotton
- 10) Waterproof breathable jacket (Gore Tex or Paramo)
- 11) Waterproof breathable trousers
- 12) Warm Hat
- 13) Non cotton underwear
- 14) Gloves (waterproof, insulated)
- 15) Mitts
- 16) Warm Socks
- 17) Sunglasses
- 18) Ski Goggles
- 19) Compass – Silva, Type 4\*
- 20) Map of Area – OS 1:50000\*
- 21) Head torch\* with spare batteries
- 22) Personal first aid kit and medication\*\*
- 23) Lunch
- 24) Water or Flask of Warm drink (1 Litre)

\* These items can be provided if required

\*\* A full first aid kit will be carried by the instructor. Please note that personal items such as plasters, inhalers etc. are not included in this kit

If you own any technical equipment it is best to use this during your course as it will be good to practice with what you will be using in the future and to discuss its merits/weaknesses. However, do not rush out and buy lots of new kit before a course as part of a course can be dedicated to advice on the best equipment to purchase in the future.

## Winter climbing courses

- 1) Harness\*
- 2) Helmet\*
- 3) Technical axes x2 (1 adze, 1 hammer)\*
- 4) Crampons\*
- 5) Rucksack approx 40 litre\*
- 6) Rucksack liner (thick plastic bag)
- 7) Mountain Boots – fully stiff B3 boots
- 8) Base layer – wicking, non cotton
- 9) Fleece x2
- 10) Long Trousers – non cotton
- 11) Waterproof breathable jacket (Gore Tex or Paramo)
- 12) Waterproof breathable trousers
- 13) Gaiters
- 14) Warm Hat
- 15) Non cotton underwear
- 16) Gloves (waterproof, insulated)
- 17) Mitts
- 18) Warm Socks
- 19) Sunglasses
- 20) Ski Goggles
- 21) Compass – Silva, Type 4\*
- 22) Map of Area – OS 1:50000\*
- 23) Head torch\* with spare batteries
- 24) Personal first aid kit and medication\*\*
- 25) Lunch
- 26) Water or Flask of Warm drink (1 Litre)

\* These items can be provided if required

\*\* A full first aid kit will be carried by the instructor. Please note that personal items such as plasters, inhalers etc. are not included in this kit

If you own any technical equipment it is best to use this as it will be good to practice with what you will be using in the future and to discuss its merits/weaknesses. However, do not rush out and buy lots of new kit before a course as part of a course can be dedicated to advice on the best equipment to purchase in the future.