



Winter Kit List

For more detailed kit advice please also refer to our article on winter mountaineering equipment. Bring this list on your course as a daily kit check before departure. It's a long way to walk in to the North Face of Ben Nevis to realise your crampons are still in Fort William!

Winter Mountaineering Boots – 4 season stiff soled leather or plastic boots that will take a crampon. Boot hire can be arranged in advance. Wear one thin pair of liner socks and one slightly thicker pair. Cheap socks are usually a false economy.

Gaiters – Ideally breathable. Traditional or 'Yeti' style.

Rucksack – Around 50L, with a waterproof liner. You should be able to get all the kit listed here inside....plus a large rope that we may give you on the day to carry! Avoid having things strapped to the outside (apart from axes).

Crampons and bag – 12 point mountaineering crampons with anti-balling plates. Clip-on crampons are much easier to get on and off in cold, windy conditions!

Ice Axes – For general mountaineering a single axe of 55-65cm is fine. For climbing you will need a technical axe and hammer of around 50cm.

Harness – Not required for short introductory mountaineering courses. If you intend to use your rock climbing harness ensure it fits over all the layers you may be wearing on the hill. Adjustable leg loops preferable.

Hardware - Ideally also bring a belay plate, 120cm sling, 2 prussiks and 3 screwgate karabiners (one HMS).

Helmet – Easily adjustable and big enough to go over a thick hat / balaclava.

Waterproof Jacket – Good quality breathable model with a large hood that will go comfortably over your helmet (try it on in the shop with a balaclava and helmet on). Soft shell material is a big gamble in The Highlands – it's often far to wet!

Waterproof Trousers or Sallopettes – Make sure they have a full length or $\frac{3}{4}$ zip so you can get them on over your boots.

Gloves – Ideally several thin liner pairs, a pair of thicker gloves and a pair of mitts.

Hat / Balaclava – Take both. Neck gaiters / 'buffs' can be useful.

Head Torch – With spare batteries. Lithium energizers are the best.

Water Bottle – 1L Capacity or, heavier, a flask. Carbohydrate and isotonic drinks are well worth experimenting with.

Hill Food – Cereal bars, Honey Sandwiches, Power bars, Fruit Cake, Chocolate etc. Not fruit!

Clothing – Thermal top and 2 fleece layers. A warm **duvet jacket** is also essential and, in the Highlands, synthetic insulation is the way to go – preferably with a large, insulated hood. Fleece, power stretch or similarly warm trousers or sallopettes.

Personal First Aid Kit – Plasters and blister kit. Personal medication. Sun cream and lip stick for courses later in the winter.

Map and Compass – Essential for those wanting to improve their own navigation and always useful to have a spare map and compass in the party. Ortileeb or robust plastic bag recommended as a map case.

Goggles – Cheap goggles are a false economy. Sunglasses for the optimistic!

Mobile Phone – Always worth taking your mobile on the hill. Small Ortileeb waterproof bag recommended.

Hardware – (Optional) For climbing courses please feel free to bring your own rack including ice screws, rockcentrics, wires, quickdraws etc.

Highland Guides Staff – will carry a group shelter, basic first-aid kit, climbing protection, navigation equipment and provide the ropes.