

Clothing and Equipment 'suggested items'

Scottish Winter Activities

| Item | Req | Got | Qty |
|---|--------------------|-----|-----|
| 4 Season B2/B3 rated boots. (Preferably hybrid - leather/fabric with a Gore-Tex liner and Vibram sole unit) | 1 pr | | |
| Winter Mountaineering / Expedition socks of good quality. (Preferably Smartwool) | 1 pr per day | | |
| Breathable Gaitors for boots | 1 pr | | |
| Mountaineering trousers. (Wind and weather resistant 'Shoeller' soft-shell material if possible) | 2 pr | | |
| Technical moisture wicking supportive underwear (and thermal underwear - top and bottoms) | 1 pr / set per day | | |
| Moisture wicking long sleeve base layer (Dry-flo or Smartwool type) | 3 | | |
| Long sleeve lightweight fleece mid layer | 1 | | |
| Windstopper long sleeve outer layer (Soft shell zip-up fleece) | 1 | | |
| Insulated cold weather jacket (Synthetic not Down material) | 1 | | |
| Waterproof / Breathable Jacket & Trousers (3 layer Gore-Tex preferable) | Set | | |
| Windstopper fleece gloves and waterproof gloves or mitts | 2 pr of each | | |
| Windstopper fleece hat with ear flaps and neck cord, and balaclava | 1 of each | | |
| Sunglasses with high UV rating (+goggles if desired) | 1 pr | | |
| 50ltr rucksack with waterproof liner | 1 | | |
| 1 ltr Nalgene water bottle (NO bladder style water carriers they freeze!) Small thermos flask if desired | 1 ea | | |
| 55cm T rated straight shafted Ice Axe and leash | 1 | | |
| 10/12 point B1/B2 Mountaineering crampons to match boots used | pr | | |
| 16ft sling and HMS Carabineer | set | | |
| Map, compass and whistle in waterproof case | set | | |
| LCD Head torch and spare batteries | 1 | | |
| Personal first aid kit to include any prescribed medication, blister kit and pain relief | set | | |
| Notebook and pencil | set | | |
| Hill food in case of emergency (nuts, jelly, chocolate etc) | As req | | |
| Survival blanket | 1 | | |
| Camera (spare battery / memory) | 1 | | |
| Insurance documents etc | n/a | | |
| 70-90 ltr waterproof canvas duffle bag for non activity clothing etc | 1 | | |