

Winter Kit List

Winter Skills Courses Kit List

Here are a few notes that may help you with your Winter Skills Course Kit List. Basically, your normal British Summer Kit (i.e. a really good set of waterproofs) are essential with some extras to make life more comfortable. Sometimes the weather is really tough going in the Scottish Winter – It pays to have a good read of these notes and see what you can gather together before traveling up! If you have any queries with anything on the list, or think you may not be able to get hold of anything – do let me know. I may have some in my spares stock!

Rucksack

For a winter walking day you will need a 35-45 litre rucksack. These generally are not waterproof. I always use a rucksack liner (this can be as simple as a plastic bag!).

Boots

For a winter skills course a B2 (stiff 4 season leather or plastic) boot is appropriate. They must have a stiff sole so that we can attach crampons.

Socks

You will need a good thick pair of socks and possibly a thin liner pair if it is very cold or for a better fit in your boots.

Gaiters

A decent pair gaiters is really useful.

Crampons

A pair of 12 point crampons that fit your boots is a great start – and essential! Anti-balling plates are essential. Make sure they fit before you arrive, we will of course be making sure the night before.

Axes

For our Winter Skills courses you will need a Winter Hillwalking Axe. Generally around 50-65cm long and generally straight shafted.

Helmet

These will be provided for the winter courses.

Goggles

These are an essential piece of kit for the Scottish hills.

Sunglasses, sun cream and lip balm

If sun is forecast these are very important.

Water bottle or flask

It is important to stay hydrated out on the hill and sometimes non insulated bottles do freeze.

Compass and maps

Maps will be provided – Bring a compass.

Head torch and Spare batteries

A halogen or super bright LED type is best.

Waterproof jacket and trousers

These should be breathable, waterproof and hardwearing. Very lightweight gear will easily rip in the winter mountain environment. Make sure you can fit your trousers over your boots

Thermal base layer

A thin synthetic or wool thermal top is essential and if it is very cold a pair of thermal long johns.

Fleece Layers

2 fleece layers for your upper body and a pair of fleece trousers or salopettes. If you get cold easily perhaps add a fleece gilet or waistcoat to your layering. Having an extra fleece top in a waterproof liner at the bottom of your rucksack is essential.

Gloves

It is very important to look after your hands in winter. A thin pair, a thick warm waterproof pair and a pair of thick mittens will often all be used in one day on the Scottish Hills. I often carry about 5 pairs – it's a measure of a successful day!

Hats

A fleece or thin woolen balaclava and hat are essential.

Mobile phone and waterproof case

Although reception is not always good on the hills, a mobile phone can be very useful.

Trekking poles

These are non-essential but for some big days on the hills they will help to look after your knees.