

KIT LIST

SCOTTISH PERFORMANCE WINTER CLIMBING

Kit

- A pair of technical Ice axes* – These would generally be 50cm long with a pair having one with an adze on and one with a hammer on. They should have dropped pick and include leashes or a lanyard. Many types of axes are available the DMM fly is a good example of an axe for easier grades and the DMM Apex is a good example of an axe suitable for higher grades.
- Boots* – Good quality stiff boots that are rated B3 and have a Vibram sole. A good example is the Scarpa Mont Blanc Pro Gtx.
- Crampons* – 12 point crampons that have anti-balling plates on. They should have clip- in rear bindings that are compatible with your boots. Good examples are Grivel G12 and G14s.
- Gaiters – Extremely useful to prevent snow and scree entering your boots and help to keep your feet warm. For example the Mountain Equipment Trail DLE gaiter.
- Crampon Bag – A tough Nylon bag to protect the contents of your rucksack from the sharp points.
- Climbing Helmet* – A CE rated climbing helmet that is large enough to fit over a hat, such as the DMM Ascent.
- Snow/Ski Goggles – An essential item for days out in the Scottish winter environment. A budget pair with two layer lenses will be fine.
- Harness* – A sit harness with adjustable leg loops that is large enough to go over all your layers including waterproofs. A good example is the DMM Mithril.
- Climbing Rack* – Bring along any hardware that you already own. A belay device, 3 screwgates and a 120cm sling are particularly useful.
- Rucksack* – There is generally a lot more that needs to be carried on a day out in the mountains in winter compared with summer. A 35 to 45 Litre rucksack is fine such as the Deuter Guide 35+.
- Rucksack Liner – Almost no rucksacks are waterproof, so a waterproof liner is needed to keep your kit dry. Either a large dry bag or several small ones works well or a strong plastic bag such as a rubble bag (not a bin bag).
- Flask/water bottle – A small flask (1/2 to 3/4 litre) and a similar sized water bottle. Hydration systems with tubes rarely function well in winter.
- Map – Ordnance Survey 1:50,000 map Sheet 41 of the Glencoe and Ben Nevis area. Ideally laminated or in a small map case.
- Compass* – Silva Expedition Type 4, in degrees.

KIT LIST

SCOTTISH PERFORMANCE WINTER CLIMBING

- Waterproof case for your mobile phone – A method of protecting your mobile phone from the elements is essential.
- Whistle – A cheap plastic whistle is a useful item of emergency equipment.
- Head Torch – An extremely useful item of emergency equipment. A Petzl Tikka + or similar would be fine.
- Survival Bag – An orange plastic survival bag is an important item of emergency equipment.
- Personal First Aid – A small first aid kit in a waterproof bag to include Compeed or similar for blisters, a wound dressing, a triangular bandage and pain relief e.g. Ibuprofen or paracetamol
- Emergency Food – Some spare items of high energy food that are sealed in a bag e.g. Chocolate or muesli bars.
- Sun block and Lip Salve – To provide protection from UV radiation and the wind.
- Trekking Poles – Useful for walking below the snow line and for low angle snow slopes. Should be collapsible into 3 or 4 sections to make stowage inside your rucksack easier.
- Camera – Of your choice – the smaller and lighter the better.
- Clothing
- Waterproof Jacket* – A robust breathable and waterproof jacket that fits over several layers. It should have a permanently attached hood that is large enough to go over a helmet.
- Waterproof Trousers* or Salopettes – A robust pair of breathable and waterproof over trousers, ideally long side zips (to aid putting on whilst wearing crampons) and braces.
- Insulated Jacket – A large warm jacket to wear whilst stationary is useful. It should be insulated with a synthetic material rather than down, which does not perform well in damp conditions.
- Base Layers – A couple of lightweight 'thermal' tops, short or long sleeved. Should be of a synthetic material and not cotton.
- Mid Layers – A couple of mid weight layers, ideally fleece, gives more flexibility for managing your temperature rather than one thick one.
- Trousers – Fleece trousers or power stretch tights work very well under waterproof trousers.
- Hat – A fleece or wool hat that is suitable to be worn under a helmet – no bobbles! A neck gaiter is useful.
- Waterproof Gloves – At least two pairs are essential. They should be dexterous enough that you can put crampons on whilst wearing them. The Mountain Equipment Guide or similar is recommended.
- Thin gloves – A thin fleece pair is useful for wearing whilst approaching the hills. For example the Mountain Equipment Touch Screen Glove.
- Socks – Several pairs of loop stitch style socks
- Personal clothing and effects for life in the hotel including swimwear for the pool.