

KIT LIST

SCOTTISH WINTER ML TRAINING

*It'd be great if you can arrive with everything listed below. We have a small store and can lend anything marked with an * (for free). Please let us know in advance by completing the equipment loan form.

Ice axe* - 55-60cm long. This should be a walking / mountaineering axe rather than a lightweight ski touring one or a technical climbing axe, such as the DMM Cirque.

Boots* - good quality leather boots with a stiff sole - B2 or B3 rated. The Scarpa Manta Pro Gtx would be a good example.

Crampons* - 12 point mountaineering crampons that have anti-balling plates on and are compatible with your boots. The Grivel G12 is a good example.

Gaiters - extremely useful to prevent snow and scree entering your boots and help to keep your feet warm.

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.

Snow / ski goggles - an essential item for days out in the Scottish winter environment. A budget pair with two-layer lenses will be fine.

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 40 to 50 litre rucksack would work well.

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). Expedition rucksack and liners

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*Tent

Sleeping bag (3/4 season)

Sleeping mat

Breathable bivi bag

Stove and fuel

Cooking and eating utensils

Expedition food is provided by PYB for everyone staying residentially. You'll be able to cook / heat it all with a Jetboil style of stove.

Flask / water bottle - a small flask (1/2 to 3/4 litre) and a similar sized water bottle. Hydration systems with tubes rarely work 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.

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 eg. Chocolate or muesli bars.

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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.

Thin gloves - A thin fleece pair is useful for wearing whilst approaching the hills.

Socks - Several pairs of loop stitch style socks.

Personal clothing and effects for life in the hotel including swimwear for the pool.