



## Scottish Winter Walking

Items in **blue** are available to borrow from our stores. However, supplies are limited so we recommend you bring your own kit if possible. Any borrowed items are subject to availability.

If you wish to borrow kit, please return the booking form before the course start date.

### Personal Clothing

- Winter mountaineering boots** B2 or B3 and compatible with mountaineering crampons. If purchasing before your course, it is worth going to a specialist shop and trying several pairs to ensure a good fit.
- Waterproof jacket with a hood** Large enough to fit over several layers.
- Waterproof overtrousers or salopettes** Ideally with side zips to go over big boots, and ideally winter ones with crampon patches on the ankle and braces.
- Insulated 'belay' jacket** A large warm winter jacket to wear whilst stationary. Synthetic is much better than down in our climate as down does not work when wet. Example: Mountain Equipment Fitzroy.
- Insulated mid layer** Again using synthetic insulation. Example: Mountain Equipment Andola.
- Walking trousers** Of a 'technical' quick drying material, or better still softshell trousers to block out the wind.
- Warm layers such as fleece** 2-3 required of different thicknesses.
- Wicking thermal base layer** Thermal leggings are also recommended such as the Mountain Equipment Eclipse Men's Pant.
- Walking socks**
- Hats** To wear under a helmet and waterproof gloves (at least 2-3 pairs).
- A thin pair of gloves** For approaching the hills.

### Personal Kit

- Ice axe** Walking / mountaineering axe such as the DMM cirque.
- Crampons** 12-point mountaineering crampon with an anti-balling plate that is compatible with and fits your boot. We can discuss these as part of the course so don't rush out to buy a pair if you are not sure what you need.
- Crampon bag** Tough nylon bag to protect your bag contents from crampon spikes.
- Climbing helmet**
- Rucksack** Generally there is a lot more to carry in winter. They should be between 35 and 45 litres and have a waist belt.
- Compass**
- Gaiters** Essential for keeping snow and scree out of your boots and keeping feet warm.
- Snow / ski goggles** Essential in the winter, these protect your eyes from snow in high wind speeds. A budget pair with two-layer lenses will be fine.
- Dry bags** To keep spare layers and kit dry in your rucksack.
- Water bottle / flask** Hydration systems with tubes rarely work well in winter.
- Waterproof phone case**
- Whistle**
- Headtorch and spare batteries**
- Sunglasses** When sunny these are essential to protect the eyes from reflected UV on the snow.
- Sunscreen** High factor, lip salve.



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- Small personal first aid kit** Including plasters for blisters. Please remember any personal medication you may need.
- Emergency food** Some spare high-energy snacks.
- Walking poles** Optional but nice to have, ensure they are collapsible for stowing away.

### **Hotel Kit**

- A swimming costume** To enjoy the pool at the hotel.