



PLAS Y BRENNIN
NATIONAL OUTDOOR CENTRE

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.

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'
- ☐ **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 anti-balling plates 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 waistbelt.
- ☐ **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.