



PLAS Y BRENIN
NATIONAL OUTDOOR CENTRE

Winter Mountaineering and Climbing Instructor

WMCI candidates are expected to have their own kit so we do not normally lend out of stores for these courses.

We will provide all climbing ropes for use during the course.

Personal Clothing

- ☐ Waterproof jacket with hood
- ☐ Walking overtrousers or salopettes
- ☐ Walking trousers
- ☐ Insulated jacket
- ☐ Warm layers
- ☐ Walking socks
- ☐ Winter mountaineering boots
- ☐ Wicking thermal base layer
- ☐ Synthetic mid layers
- ☐ Walking socks
- ☐ Hat. Able to be worn under a helmet.
- ☐ Waterproof gloves. At least 2-3 pairs.
- ☐ A thin pair of gloves for approaching the hills.

Personal Kit

- ☐ Walking / mountaineering axe
- ☐ Technical climbing axes
- ☐ Crampons and crampon bag
- ☐ Gaiters
- ☐ Climbing helmet
- ☐ Snow / ski goggles
- ☐ Rucksack
- ☐ Dry bags
- ☐ Water bottle / flask
- ☐ A lunch box / bag
- ☐ Compass
- ☐ Maps appropriate to the Glen Coe and Lochaber areas, in OS 1:25 and 1:50
- ☐ Waterproof phone case

- ☐ Whistle
- ☐ Headtorches with spare batteries.
- ☐ Sunscreen. High factor, lip salve, sunglasses.
- ☐ 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

Climbing Kit

- ☐ Harness
- ☐ Belay plate and screwgate carabiner
- ☐ Screwgate carabiners
- ☐ 120cm sling
- ☐ Prusiks
- ☐ Your regular winter climbing rack

Group/safety Kit

- ☐ Shovel
- ☐ Probe
- ☐ Group first aid kit
- ☐ Group shelter
- ☐ Other group kit you might take on the hill when working as a WMCI
- ☐ Survival bag e.g. Blizzard bag

Hotel Kit

- ☐ A swimming costume to enjoy the pool at the hotel.