

Winter Mountain Leader

Winter Mountain Leader (WML) trainees are expected to have their own kit so we don't lend out of stores as standard, but if you are really struggling for an item please get in touch beforehand and we can see if it's an item we are able to lend out.

WML assessment candidates are expected to have their own kit.

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
- ☐ **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.
- ☐ **Crampon bag.** Tough nylon bag to protect your bag contents from crampon spikes.
- ☐ **Gaiters.** Essential for keeping snow and scree out of your boots and keeping feet warm.
- ☐ **Climbing helmet**
- ☐ **Snow / ski goggles.** Essential in the winter, these protect your eyes from snow in high wind. A budget pair with two-layer lenses will be fine
- ☐ **Rucksack.** They should be between 35 and 45 litres and have a waistbelt.
- ☐ **Dry bags** to keep spare layers and kit dry in your rucksack.
- ☐ **Water bottle / flask.** Hydration systems with tubes rarely work well in winter.
- ☐ **Maps.** Appropriate to the Glencoe and Lochaber area. 1:25,000 and another scale.
- ☐ **Compass** with large base plate and magnifying glass.
- ☐ **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.



- [ ] **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.
- [ ] **Microspikes.** Foot-traction devices designed for walkinmg on non-technical frozen terrain.

Group/Safety kit

- [ ] **Shovel**
- [ ] **Probe**
- [ ] **Group first aid kit**
- [ ] **Group shelter**
- [ ] **Survival bag** eg. Blizzard bag

Other group kit you might take on the hill when working as a WML

Expedition Kit

- [ ] **Winter tent.** We will aim to undergo a snowhole expedition, but we may have to either camp out, use a bothy, or navigate out and back to the hotel.
- [ ] **4-season winter sleeping bag** suitable for the conditions
- [ ] **Sleeping mat**
- [ ] **Bivi bag**
- [ ] **Cooking equipment** stove, fuel, pan, cooking utensils
- [ ] **Toiletries.** Essentials only!
- [ ] **Waste management system**
- [ ] **Overnight rucksack** 50-70 litres
- [ ] **Food.** Residential course bookings will have camp food supplied, but feel free to bring extra sweet treats and emergency snacks. Bring more food than you think you will need!

Hotel Kit

- [ ] **A swimming costume** to enjoy the pool at the hotel.