

Student Winter Climbing Course

KIT LIST

All the items noted below are essential!

Boots (Rigid winter climbing boots rated B2 or B3) - Further information regarding boots can be viewed at <https://www.mountaineering.scot/activities/mountaineering/winter-mountaineering/getting-started/boots>

- Gaiters
- Waterproof jacket
- Waterproof overtrousers
- Two Climbing Axes
- Crampons (ensure these are fitted and compatible with your boots)
- Helmet
- Harness & belay plate
- Rucksack (minimum 35litre)
- Thermal top or vest
- Fleece
- Spare fleece
- Warm mountain trousers
- Thick socks
- Compass
- Map
- Map case
- Warm hat
- Gloves x 3 pairs
- Headtorch
- Thermos flask or water bottle
- Ski goggles (essential if the conditions are poor)
- Face protection (Buff or similar)
- **Food, sleeping bag, pillow, towel, wash kit, evening clothes for staying in self-catering accommodation at Mill Cottage**

It is also good practice to carry an emergency survival bag, whistle, watch and a small first aid kit although these are not essential for the course – your instructor will have these items.

Please note: Your instructor will provide a rack and ropes for your course, but bringing your own rack would be really helpful and you will be able to get feedback on what you have.

Please direct any queries to Ross Cadie at Ross@mountaineering.scot