

Student Winter Climbing Course 2023 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)

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.

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

