



SCOTTISH STUDENT WINTER SKILLS WEEKEND

KIT LIST

All items are essential.

Items marked (GL) can be supplied from the stores if you are not able to bring your own.

- Rucksack (GL)
- Winter boots (stiff soled) (GL)
- Gaiters (GL)
- Waterproof jacket (with hood) (GL)
- Waterproof overtrousers (GL)
- Ice Axe (GL)
- Crampons (GL)
- Helmet (GL)

- Thermal top or vest/base layer
- Fleece or wool sweater
- Spare fleece
- Warm mountain trousers
- Thick socks
- Compass
- Map
- Map case
- Warm hat
- Gloves or mitts
- Spare gloves or mitts
- Headtorch (and spare batteries)
- Thermos flask or water bottle
- Ski goggles (essential if the conditions are poor)
- Container for packed lunch - bag or box (not essential)

With regards to clothing for the hill, please refrain from wearing items which are made from cotton as cotton holds onto moisture and has very little thermal properties once wet. **Wool or manmade materials are best for warmth.**

Down (feather) jackets should also be avoided when on the hill as they have very little thermal properties once damp or wet – even if it states they are hydrophobic, the Scottish winter will win that battle!

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.