

SCOTTISH STUDENTS' WINTER SKILLS COURSE

KIT LIST 2024

All the items are essential.

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

Rucksack (GL)
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
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 (feathers) 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