

## Winter skills courses kit list

**ESSENTIAL ITEMS** - if you do not have any of these items you can usually hire them from outdoor shops.

- Boots (B1 or B2 rated winter mountaineering boots) - check out the following link for more details on which boots are suitable for our winter courses. [Mountaineering Scotland | Winter boots](#)
- Rucksack (30-40 litres)
- Gaiters (optional)
- Waterproof jacket (with hood)
- Waterproof over trousers
- Ice Axe
- Crampons
- Helmet (Mountaineering Scotland will provide helmets, but please bring your own if you wish)
- Ski goggles (essential if the conditions are poor)
- Thermal top or vest
- Spare warm layers (synthetic jacket or fleece)
- Warm mountain trousers
- Thick socks
- Warm hat
- Gloves or mitts x 3 pairs
- Headtorch (with spare batteries and/or spare headtorch)
- Thermos flask with hot drink
- Packed lunch

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.

### **An important note about boots:**

As you will not be following paths and may be on steep and hard snow to provide some realism to the training, it is essential to have the correct boots. You **MUST** have your own good quality rigid soled 4 season boots and a well-fitting pair of crampons which definitely will not come off. Secure footwork is the cornerstone of safe winter travel and it is one of the skills that will be covered on the course. Rigid boots with soles in good condition are essential for secure footwork. ***This is a major safety issue.***

**IF YOU HAVE ANY QUESTIONS REGARDING THE SUITABILITY OF YOUR KIT or indeed any other questions regarding the course please contact us in advance.**