

# Winter Climbing course equipment list

**All the items 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 and 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.