**OUTDOOR DIMENSIONS**

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# Winter Equipment List

Stiff Boots (four season, at least a B1 rated boot) see Winter Skills Page on our website for more information.

Socks (wool mixture) one or two pairs depending upon your preference.

Full length gaiters.

Fleece trousers or salopettes or similar.

Thermal leggings.

Thermal base layer shirt.

Fleece or woollen top.

Second fleece or waistcoat/gilet in case it’s cold.

Spare insulated jacket or fleece in waterproof bag. (natural down jackets are not ideal for wet Scottish winter conditions as they lose their warmth when wet – it’s much better to have a synthetic jacket).

Wool or fleece hat/balaclava plus a spare.

Scarf or neck tube.

Thick gloves/mitts (warm and waterproof).

Spare thick/warm gloves.

Thin thermal/woollen gloves.

Waterproof jacket, not a lightweight version as they don’t stand up to the hard conditions in winter.

Waterproof trousers with side zips, this will make it a lot easier in winter with big boots, again not a lightweight pair.

Whistle.

Torch preferably a head torch with spare batteries or a small second torch.

Emergency survival bag (polythene, nylon, Gore-Tex).

Trekking poles with snow baskets (optional).

Fully charged mobile phone for safety (optional).

Any GPS units you may have (optional).

Sunglasses, optional depending upon the weather.

Sun cream, again optional depending upon the weather.

Ski goggles.

Flask and/or water bottle.

Lunch for during the day and some spare emergency food.

Small personal first aid kit.

Rucksack (40/45 litre with attachments for an ice axe and possibly crampons if you cannot get them in the rucksack, it helps if everything is carried in your rucksack and not hanging off of it, apart from the ice axe that is).

Rucksack liner (thick poly bag or drybag).

Camera.

Ice axe. \*

Crampons. \*

Helmet. \*

And if wishing to do some navigation

Map and mapcase (Ordnance Survey Landranger sheet 36 at 1:50000 or Harvey Cairn Gorm Superwalker at 1:25000).

Compass (Silva type 3 or 4 or similar).

The items marked with \* can be hired from us but if you have your own please bring them along.

If you have to hire stiff boots for the course you are better to hire crampons at the same time and get the shop to fit them, clip on crampons will be quicker to put on with gloves in a blizzard.

The crampons we have are all strap versions, it takes just that bit longer to put them on, although they do fit most boots unless they are over size 12.