

MOUNTAINEERING WALKING EQUIPMENT LIST

NORMAL MOUNTAINEERING CONDITIONS (average weather!)

- Walking Boots (see note below)
- Waterproof Jacket with hood (preferably breathable material)
- Clothing (see note below)
 - Base layer – tee shirt or thermal top
 - Mid weight top layer
 - Walking trousers / leggings / tracksuit bottoms
 - Mountaineering or hiking socks
 - Spare top or fleece
- Rucksack (size 30ltr – 50ltr)
- Waterproof over trousers (braces system work well)
- Gaiters
- Hat (preferable with ear flaps)
- Gloves (see note back of page)
- Food
- Spare Food (emergency rations)
- Water (about 1 litre)
- Rucksack Liner or Roll Top Waterproof Stuff Bag
- Map (in waterproof Map Case or Laminated Map)
- Compass (Silva type 3 or 4)
- Watch
- Whistle
- Emergency Survival Bag (see note back of page)
- Head-torch & spare bulb (spare LED type bulb not necessary)
- Spare Fresh Batteries
- Personal First Aid kit (pocket size)

ADDITIONS FOR SUMMER/WARM WEATHER

- Extra water
- Sunscreen & Lip Balm (High SPF)
- Insect Repellent (usually needed May – October)
- Sunglasses
- Sun Hat

ADDITIONS FOR WINTER/HARSH WEATHER

- Second pair of gloves
- Spare Hat
- Extra Top
- Thermal leggings

ADDITIONS FOR SCOTTISH WINTER

- Ice Axe (see note back of page)
- Crampons (see note back of page)
- Goggles (or good wrap around sun glasses)
- Glove System (see note back of page)
- Extra Clothing
- Balaclava

OPTIONAL EXTRAS

- Trekking Pole(s)
- Mobile Phone (in waterproof case)
- Camera
- Flask with hot drink

▶ **NOTE ON BOOTS**

Boots are probably the most important item of mountaineering equipment. Good boots are essential for safety and comfort and should be chosen with care and advice with an eye to their intended use. Boots for the Scottish Winter Mountains are classed as 4-Season boots and, for anything but occasional use, are essential. A 4-Season boot has to be warm, waterproof, provide good ankle support and have a rigid sole. Any boot will, to some degree be a compromise – one which is good for using with crampons on steep ice may be less comfortable for walking long distances, while a flexible and perhaps comfortable boot may be unsuitable for use with crampons.

▶ **NOTE ON CLOTHING**

All clothes should be of wool or synthetic material. Cotton is not recommended as it does not retain its thermal properties when wet and takes an age to dry out. A layering system should be used to control body temperature as weather in the mountains is very changeable and your level of activity/exertion can be anything from idle to very strenuous. Ideally not any one layer should be very heavy or bulky, this will minimise the chance of being too warm with the heavy layer on and being too cold without the heavy layer on, without having an alternative. A spare layer should be slightly larger than the layers you are wearing; this will enable you to put it on over your existing clothing without having to remove clothes (useful in inclement weather).

Remember that it is likely that the weather will be colder and generally worse (wetter and windier) in the mountains.

▶ **NOTE ON EMERGENCY EQUIPMENT (WHISTLE & SURVIVAL BAG)**

The cost of both of these combined, will be less than 10euros. The survival bag is made of polythene (basically it's a big orange bag made of very durable plastic), but can be a lifesaver in an emergency situation.

▶ **NOTES ON CRAMPONS**

Crampons: Adjustable step-in articulated crampons are recommended but can only be used if boot is stiff enough, if not, a strap-on flexible crampon should be used.

▶ **NOTES ON GLOVE SYSTEM**

Glove System: 3 layer glove system works well: (i) basic glove, (ii) larger waterproof heavy duty but dexterous glove that will fit over basic glove, (iii) large waterproof mitt

▶ **NOTES ON ICE AXE**

The ice axe for Scottish Winter mountaineering can prove to be the most versatile and essential tool in many situations. A general purpose mountaineering axe of a suitable length with some design of removable leash is strongly recommended over the smaller technical climbing axe.

▶ **AND REMEMBER....**

Having the so called best, technical and probably most expensive equipment may seem, to some, like an answer to extending your comfort and survival within the mountain environment. Undoubtable some types of equipment and clothing may prove to be more functional and suitable over others. The branders will go along way to persuade us of this fact but it must be remembered that it will be the users training, condition and overall ability that will determine the outcome of any venture into the mountains what ever the conditions.