**Hillwalking Gear Checklist**

**Essential / recommended**
- Hillwalking Boots
- Waterproof jacket
- Socks
- Walking trousers
- Thermal top / T-shirt
- Fleece & spare fleece
- Hat & gloves
- Waterproof overtrousers
- Gaiters
- Food & drink
- Emergency rations
- Rucksack with liner
- Bivvy bag / survival blanket
- Whistle
- Map (laminated or in map case)
- Compass
- Watch
- Torch & spare battery / bulb
- First aid kit
- Mobile phone

**Other useful items**
- Trekking pole(s)
- Reflective armband
- Spare socks
- Spare laces
- Water purification tablets
- GPS

**Additional in summer**
- Extra water
- Sunscreen / lip balm
- Insect repellent
- Sunglasses
- Sun hat

**Additional in winter**
- Flask
- Thermal leggings
- Extra warm layer
- Second hat
- Mitts
- Second pair of gloves
- Balaclava
- Group shelter (within the group)

**Scottish winter conditions**
- Ice axe
- Crampons
- Goggles
- Sleeping bag (within the group)
- More warm clothes, extra hat & gloves, heavy-duty waterproofs, gaiters essential.

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