# Scottish Winter Walking Kitlist

# Personal first aid, e.g. blister plasters and zinc oxide tape, lip salve

* Personal Hygiene, e.g. tissues and/or toilet roll
* Drybag or equivalent for mobile phone and/or wallet
* Boots – Alpine/good 4 season mountaineering. These must be sturdy and with a rigid sole to take a crampon. If in doubt, contact me. Standard summer walking boots will not be sufficient or safe
* Fleece midlayer/fleece jacket
* Walking trousers, long johns (or alpine/4 season style)
* Base layer, long sleeved and of wicking material. Not cotton, which holds moisture
* Gloves and at least one pair spare, light and heavy, at least one pair waterproof
* Waterproof and breathable jacket

## Waterproof and preferably breathable trousers. The best are zippable full-length for on/off with crampons and ventilation (or alpine style as trouser).

* Gaiters – check they go over big boots
* Food in a suitable container. Plenty of snacks – Plan on 30% more than you would normally eat on the hill due to extra energy requirement. Try to avoid Mars Bars and the like, as they freeze solid!
* Flask 500ml
* Whistle and compass - I will have these of course, but always good to have your own
* Rucksack 40-50l
* Quality head torch with new batteries - No need to carry spares then
* Fleece/wooly hat and balaclava
* Goggles - vital in blizzards or spindrift
* Sunglasses - for glare off snow
* Water bottle (insulated) 1.0ltr min.
* Walking Crampons with anti-balling plates, 10-point
* Ice axe – walking type best, 50-60cm
* Orange survival bag
* Spare layer in waterproof bag, such as a belay jacket or lightweight down jacket
* Helmet (if skills training, i:e ice axe arrest)

**Optional -**

* Walking Poles, with snow baskets on them
* Camera
* Phone
* Sitmat