

Scotland!!!



Kit

Boots (need to be B2 or B3 rated)

Warm Socks (Bridgedale Summit ones are decent)

Thermal bottoms (the merino ones in Aldi are a bargain!)

Thermal tops

Trousers that you can walk/climb in

Gaiters (optional but keeps the snow out your socks!)

Fleeces (mix of thick and thin+one for your bag as a spare)

Warm hat/balaclava/buff (needs to fit under a helmet)

Gloves (one thick waterproof pair and one thin pair to go underneath) BRING SPARES!

Waterproof jacket and trousers (maybe some old/cheap ones too for while you're getting used to crampons!)

Rucksack for climbing in (35l-50l)

Down/synthetic jacket (optional but warm)

Head torch and spare batteries

Goggles

Compass

Thermos flask

Water bottles

Orange Survival bag

Roll top dry bag(s) (optional but keeps stuff in your bag dry)

Harness, Belay plate/crab and helmet

Personal first aid kit

Normal clothes

Sleeping bag for the hut (it's heated!)

Pyjamas

Teddy bear

Group Bothy Shelter (provided by club) Snow Shovel - optional (provided by club) Avalanche Probe - optional Climbing Helmet (provided by club) Walking Axe (provided by club)

Avalanche Transceiver - optional (only useful if worn by all members of a group)

Crampons in protective bag (provided by club)

Trekking Poles - optional

Insulated Midlayer

Snow Goggles

Head Torch and Spare Batteries (waterproofed)

Dry Bags - optional but highly recommended

Warm Hat/Beanie

Belay Jacket - Down or Synthetic

Spare Gloves

Flask for warm drinks

Warm Fleece

Waterproof Insulated Gloves

Gaiters - optional

Pace Beads - optional

Buff/Balaclava

Compass and a spare (provided by club)

Map inside of waterproof case (provided by club)



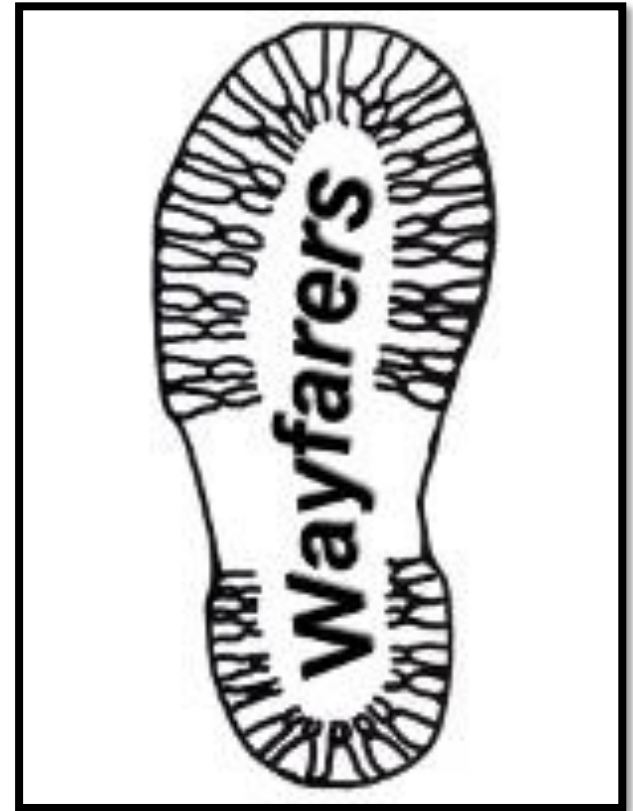
Other stuff

- Crampon fitting on the week before Scotland
- Ask me about boots if unsure!
- Any questions?



Preparation

- Get wayfaring!
- Wear your boots in
- Compeed/Spenco



Questions?

