



Summer Kit List

Below is a recommended kit list for any of the summer courses that I run, where I can provide equipment free of charge I have noted this. Other than that each individual is responsible for providing their own equipment, however if you have any questions or would like some advice before purchasing new equipment please just get in touch.

Rucksack – 30 - 45 litre is needed for summer courses, all kit should be stored in the inside plus a large rope that you may be asked to carry on the day! A waterproof liner should be used.

Clothing System:

Thermal Base layer – Wool or Synthetic, avoid cotton as it does not wick away perspiration

Socks – Good mountaineering socks (not rugby socks)

Fleece – Thin fleece to go over base layer

Extra warm top – Another thicker fleece or synthetic top

Trousers – Walking trousers; do not wear cotton or denim

Waterproof Jacket + Trousers – Light weight summer waterproofs (fingers crossed they will just stay in the rucksack!), for the trousers it is useful to have a minimum of $\frac{3}{4}$ length side zips so they are easy to get on and off whilst on the hill.

Belay Jacket – A warm jacket to use in emergencies or just for lunch stops. Synthetic is better than down in Scotland as it is not affected as much by the rain/damp. This can be lighter weight than something you might carry in winter.

Sun Hat – A baseball cap or sun hat for those sunny days!

Warm Hat – Should not be too bulky so that it can fit under a helmet if you intend to climb or scramble

Light Gloves – 1 or 2 pairs of light weight gloves for when they get wet. You should still be able to operate compass and climbing equipment with them on. Also leather palmed ones will last longer

Warm/Emergency Gloves – A pair of warmer gloves/mitts for emergency situations or if it becomes really cold

Mountain Boots – B1 or B2, although not necessary often a slightly stiffer (B2) boot gives you more support in broken/scrambling terrain. The most important fact is that your boots fit well and are comfortable.

Gaiters – Not essential but can keep the damp/wet out in boggy wet terrain

Helmet – An older style hard shell is recommended as they last longer than the new style bike helmets, also make sure your warm hat can fit under it (provided free of charge)

Map + Compass – A map of the area that is waterproofed (either in a map case or laminated) and a compass that has a 1:50,000 and 1:25,000 scale bar on it.

Water Bottle – Any sturdy bottle will do or a drinking system with a tube.

Thermos Flask – Not essential, it can be nice to have a hot drink during the day though this does not have to be a full litre

Hill Food – Any high energy foods that you like, cereal bars, chocolate, cheese sandwiches, cake etc.

Head Torch – Light weight head torch with fresh batteries for emergency situations. If you intend to be out at night it is better to have a more powerful head torch.

Sunglasses and Sun Cream – A must in sunny weather

Orange Survival Bag – Useful in all sorts of situations

Personal 1st Aid Kit – Blister kit and any medication you need.

Trekking Poles – Useful to take the pressure off the knees, these should fold down so they fit in your rucksack (Non essential)

Harness – A good harness with gear loops and abseil/belay loop, that can fit over all your layers and can be done up with gloves on (this can be provided free of charge (FOR CLIMBING AND SCRAMBLING COURSE ONLY))

Climbing Hardware – Please bring any climbing equipment you may have for advanced mountaineering and climbing courses, ideally you will have a belay plate on a locking HMS krab, 120cm sling with locking krab and 2 prussic loops on a locking krab. It does not matter if you do not have any of this as I will provide all that is needed

Rock Shoes – Comfortable (i.e. you can wear them all day) climbing shoes that fit well. FOR CLIMBING COURSES ONLY.

Your Instructor – Will carry group shelter, basic first aid kit, climbing rack, navigation equipment and provide you with ropes to carry, when appropriate.

Extra Kit for Camping

Expeditions Size Rucksack – This should be no larger than 60L and everything that you might need for your backpacking trip should fit inside, it is not a good idea to have things on the outside of a rucksack.

Tent – A good mountain tent which a good porch to sort your kit in when it is wet. Be careful of super lightweight mountain marathon tents, they are often not great in windy conditions.

Sleeping Bag – This should be a good summer weight sleeping bag that packs down well for being carried in the rucksack, down bags are the best for this.

Sleeping Mat – A good sleeping mat either an old style thick roll mat or a newer therma rest style mat.

Spare Batteries for Head torch – More likely to use head torch so spare batteries are a good idea.

Change of Clothes – A spare pair of fleece top and bottoms to sleep in. It is vital to have warm dry clothes to sleep in at night; you can always put damp ones on again in the morning if you are out for more than 1 night!

Stove and Fuel – A small gas stove will work well possibly something like the MSR Reactor or a Jet Boil, depending on what type of cooking you want to do! Don't forget pots and pans, knife, fork and spoon as needed.

Food – Most importantly this should be high energy and quick to cook (less fuel is needed). Many people will use re-hydrated food like noodles; these can be bought in normal supermarkets or outdoor shops.