



# Mountain Hiking and Scrambling Kit Checklist, Winter

## Clothing

Outer shell <sup>(2)</sup>	<input type="checkbox"/>	Soft shell <sup>(2)</sup>	<input type="checkbox"/>	Mid layer & spare <sup>(2)</sup>	<input type="checkbox"/>	Base layer & spare <sup>(2)</sup>	<input type="checkbox"/>
Hat and spare	<input type="checkbox"/>	Buff and spare	<input type="checkbox"/>	Gloves and spare <sup>(3)</sup>	<input type="checkbox"/>	Socks <sup>(1)</sup>	<input type="checkbox"/>
Gaiters <sup>(2)</sup>	<input type="checkbox"/>	Footwear <sup>(1)</sup>	<input type="checkbox"/>				

## Carrying

Rucksack <sup>(2)</sup>	<input type="checkbox"/>	Drink/water bottle	<input type="checkbox"/>	Hot drink in flask	<input type="checkbox"/>	Day's food and spare	<input type="checkbox"/>
Small first aid kit <sup>(4)</sup>	<input type="checkbox"/>	Survival bag	<input type="checkbox"/>	Whistle	<input type="checkbox"/>	Goggles	<input type="checkbox"/>
Head-torch <sup>(6)</sup>	<input type="checkbox"/>	Ice-axe <sup>(7)</sup>	<input type="checkbox"/>	Crampons <sup>(7)</sup>	<input type="checkbox"/>		

## Optional

Sunglasses	<input type="checkbox"/>	Sun screen	<input type="checkbox"/>	Hand-warmers	<input type="checkbox"/>	Walking-poles	<input type="checkbox"/>
Camera	<input type="checkbox"/>	Map	<input type="checkbox"/>	Compass	<input type="checkbox"/>	GPS	<input type="checkbox"/>
Phone	<input type="checkbox"/>						

### Notes :

- (1) Footwear should be **4 season B1 boots** or better, ie boots with a semi-stiffened sole and supportive upper. We recommend wearing one pair of quality hiking socks, two pairs tend to cause blisters !
- (2) Your layering system should consist of an **outer shell - wind and waterproof jacket and trousers** (eg Gore-tex), a **soft shell**, a **mid layer** (eg fleece) and a **base layer** (eg synthetic or merino). The use of gaiters will depend of the type of outer trousers worn. We do not permit jeans or recommend wearing of cotton t-shirts on our events.
- (3) In very cold conditions, we recommend you bring a pair of liner gloves and outer shell gloves. Spare also required.
- (4) Your rucksack should be around 35-50litre in size to carry your gear.
- (5) Your first aid kit should contain at least some plasters and compeed.
- (6) You should also bring spare batteries with your head-torch.
- (7) In winter you will need an ice-axe. Depending on conditions, crampons and possibly helmet may be required. We can hire these items out if you do not own them.

If you don't have any of the above essential items in time for one of our events, don't fret ! We can help with some of the gear, just give us a call and we'll arrange to bring along spare. Please note that if you do turn up without the appropriate gear and haven't arranged for us to bring spare, your guide may refuse to lead you on the hills. More information : [www.stevenfallon.co.uk/winter-gear.html](http://www.stevenfallon.co.uk/winter-gear.html)

## Steven Fallon • walk | climb | bike

31 Argyle Place, Edinburgh EH9 1JT

Email : [info@stevenfallon.co.uk](mailto:info@stevenfallon.co.uk) | Phone : 0131 466 8152 / 07795 146400

Web : [www.stevenfallon.co.uk](http://www.stevenfallon.co.uk) | Facebook : [facebook.com/StevenFallonMountainGuiding](https://facebook.com/StevenFallonMountainGuiding) | Twitter : [twitter.com/SteveFallon](https://twitter.com/SteveFallon)