



Clothing & Equipment

Basic essential items of clothing and equipment for summer and winter in the Scottish hills.

In addition it is important to have navigational skills.

In winter, ice axe & crampon skills and knowledge of snow conditions and avalanches are also needed.

Summer hillwalking

- Rucksack - about 35 litres (45 litres for winter)
- Boots (with ankle support and soles which will grip on rock, grass and mud)
- Waterproof jacket (with hood)
- Waterproof overtrousers
- General trekking trousers (not jeans)
- Thermal top
- Fleece top
- Gaiters (not always essential)
- Warm hat
- Gloves or mitts
- Spare layer e.g. fleece top
- Compass
- Map (waterproof or in waterproof case)
- Watch
- Torch (preferably a headtorch)
- Food & Drink
- Emergency survival bag (polythene is OK)
- Whistle
- First Aid Kit (small)
- Mobile phone (not essential but if you have one then take it)

In sunny weather

- Sunhat
- Sun cream
- Sunglasses

In the midge season

- Midge repellent
- Midge net

Winter (in addition to the above)

- Warm trousers or thermal longjohns
- Boots for winter need to be stiff soled
- Ice axe
- Crampons
- Spare gloves or mitts
- Goggles (not always essential)