



SAFETY & GOOD PRACTICE SEMINAR
For Scottish Students'
Mountaineering, Climbing and Hillwalking Clubs
14th & 15th November 2009 - Glenmore Lodge, Aviemore

Clothing & Equipment list

All delegates

Boots
Gaiters (optional)
Waterproof jacket (with hood)
Waterproof overtrousers
Thermal top
Fleece top
Spare layer e.g. fleece top
Warm hat
Gloves or mitts
Compass (some are available to borrow)
Watch

Mountain navigation (on Sunday - intro and advanced)

Map 1:50,000 sheet 36 (some can be borrowed)
Map case or poly bag
Headtorch
Emergency survival bag (polythene is OK)
Whistle

Skills for Rock Climbing (on Sunday - intro and advanced)

Rock shoes
Helmet
Harness
Belay device
Slings & Karabiners
Climbing gear - nut etc.

- Ropes will be provided by Glenmore Lodge
- Some clothing and equipment can be borrowed from Glenmore Lodge (signed out and any losses paid for by the user)