



THE MOUNTAINEERING COUNCIL OF SCOTLAND

www.mcofs.org.uk

The Old Granary
West Mill Street
Perth PH1 5QP
Tel: 01738 493 942

SAFETY & GOOD PRACTICE SEMINAR

For Scottish Students' Mountaineering, Climbing and Hillwalking Clubs

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)