

# Winter Kit List

Here is the kit required for all the winter courses. Please ensure you have all that is listed. This is for your own safety and comfort. Some of the items can be hired locally. If you contact us beforehand.

- 4 season/winter mountain boots. If unsure please contact us
- Ice Axe (general mountaineering axe)
- Crampons, 10 or 12 point
- **The above can all be hired locally in Braemar**
- good quality walking socks
- waterproof and breathable jacket (with a hood)
- waterproof and breathable over trousers (a pair with side zips are best)
- Gaiters
- 'wicking' base layer- cotton will stay wet and cold when you sweat
- Warm walking trousers, softshell or similar best
- fleece mid layer
- spare fleece jacket (in addition to the one above)
- warm gloves and spares (At least 3 pairs, and waterproof, they WILL GET WET)
- warm hat and balaclava
- 40 litre rucksack with a waterproof rucksack liner - rucsacks aren't waterproof (must have attachments on the outside to carry your ice axe)
- plastic survival bag
- small first aid kit with blister plasters and any medication you normally take
- head torch with fresh batteries and spares
- Ski goggles
- sunglasses
- sunblock
- Food for the day including high energy snacks
- Water bottle and/or flask

## OPTIONAL

Walking poles

Camera