

Mountain Skills Course

Equipment List

Suggested Clothing & Equipment List:

- Boots
- Gaiters
- Day Sac (30 litres)
- Thermals or suitable under clothing
- Insulating layers – at least one mid weight and one warm fleece layer
- General trekking trousers are recommended, not jeans though.
- Spare fleece/insulated jacket
- Waterproof jacket (with a good hood)
- Waterproof over-trousers
- Hat & balaclava plus spare
- Mitts & gloves
- Whistle
- Maps and waterproof map case. 1:25,000
- Headtorch
- Rucksack liner
- Flask & Water Bottle
- Packed lunch
- Survival Bag – Plastic type
- Small notebook and pen or pencil
- Walking Poles