

## Course Kit List

Please refer to this kit list when preparing for your course. We can provide any equipment that is highlighted as available from Mountain Skills Training stores. If you do need to hire any of this equipment, please contact us before the start of your course.

Item Description	Hill & Mountain Skills NNAS & Navigation	Mountain Skills Plus	Climbing	Winter Skills	Winter Climbing
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Clothing					
Hiking boots	✓	✓		✓	✓
Waterproof Jacket	✓	✓		✓	✓
Waterproof Trousers	✓	✓		✓	✓
Base layer	✓	✓		✓	✓
Warm layer	✓	✓		✓	✓
Trekking trousers	✓	✓		✓	✓
Spare clothes expedition		✓			
Spare socks expedition		✓			
Hat and Gloves	✓	✓		✓	✓

General Equipment					
Ruck sack (20-40 Litre)	✓	✓		✓	✓
Map	✓	✓		✓	✓
● Map case	✓	✓		✓	✓
● Compass	✓	✓		✓	✓
Whistle	✓	✓		✓	✓
Head torch	✓	✓		✓	✓
Personal First Aid Kit	✓	✓		✓	✓
● Bivvi bag/storm shelter	✓	✓		✓	✓
Mobile Phone	✓	✓		✓	✓

Expedition Equipment					
● Ruck sack (40-60 Litre)		✓			
● Tent		✓			
● Sleeping bag		✓			
● Sleeping mat		✓			
● Cooking stove		✓			
● Cooking utensils/cutlery/mug		✓			

- Denotes equipment available for hire from stores.

Item Description	Hill & Mountain Skills NNAS & Navigation	Mountain Skills Plus	Climbing	Winter Skills	Winter Climbing
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Winter Equipment						
● Ice Axe (walking)				✓		
Ice Axe Pair (climbing) *					✓	
● C1 Crampons **				✓		
C2 Crampons ***					✓	
B2/B3 Boots ****					✓	
● Ski Goggles				✓	✓	
Spare Gloves				✓	✓	
● 30m rope (single)				✓	✓	
● 1 x Screwgate Carabiner				✓	✓	

\* Technical climbing axes.

\*\* C1 rated crampons fit most fully flexible B1 general 4 season mountain boots.

\*\*\* C2 rated crampons are only compatible with B2/B3 semi rigid and fully rigid boots.

\*\*\*\*B2/B3 Boots are semi rigid or fully rigid and have a much more secure fitment system for crampons.

**Winter Kit Hire** There are many hire outlets in Aviemore. NeviSport have always provided an excellent service  
<https://www.nevisport.com/hire>

Climbing Equipment						
● Helmet				✓	✓	✓
● Harness				✓		✓
● Climbing shoes				✓		
● Belay device				✓		✓
● Rope (Single minimum 50m)				✓		✓
● Slings				✓		✓
● Rack (Nuts, Cams, Crabs, Runners)				✓		✓

Food and Drink						
Packed lunch	✓	✓	✓	✓	✓	
Water bottle	✓	✓	✓	✓	✓	
Flask				✓	✓	

Personal Items						
Sun cream		✓				
Insect repellent		✓				
Toiletries and toilet paper		✓				

● Denotes equipment available for hire from stores.