

# ON HIGH HILLS

## CLIENT KIT LIST---WINTER HILL-WALKING SCOTLAND

- 4-season mountain boots plus well-fitting 10 or 12-point crampons. These can be hired in Aviemore if you do not own. See:  
<https://www.ellis-brigham.com/stores/aviemore> OR  
<https://www.nevisport.com//hire>
- Ice axe-general walking/mountaineering type (can be hired from us if available (£5 per day), or in Aviemore £6-9 per day)
- good quality walking socks
- waterproof and breathable jacket (with a hood)
- waterproof and breathable over trousers/salopettes (you must be able to get these on without having to take boots off—side zips etc essential)
- warm base layer top e.g. merino wool- (NOT cotton)
- warm base layer trousers e.g. Powerstretch, heavy soft-shell
- Fleece/synthetic mid layer
- spare thick synthetic jacket (in addition to the one above)
- warm gloves and 2 spare pairs
- warm hat
- balaclava
- ski goggles
- rucksack (40L minimum)
- plastic survival bag
- small first aid kit with blister plasters and any medication you normally take
- small head torch
- Food for the day
- Waterbottle/thermos flask for drinks during the day (min. 1 litre)
- Sun-glasses
- sun-cream
- gaiters (optional, but recommended)
- walking poles (optional, but recommended!)

The following items may be needed depending upon the nature of the course and the conditions.

- avalanche transceiver (we can supply if needed)
- avalanche probe (we can supply if needed)
- shovel (we can supply if needed)
- helmet (we can supply if needed)
- compass
- map (we can supply if needed)