**Winter hill walking Kit list and Equipment**

*‘This is a suggested list for people walking in the mountains in winter conditions in a guided group. Additional equipment would be needed if travelling in the mountains without a guide.’*

* 30-40 litre rucksack (hopefully with ice axe/pole attachment)
* Small personal first aid kit
* 1 or 2 spare warm fleeces/tops
* Spare warm ‘go to ‘ top *(mine’s a down jacket for emergencies)*
* Gloves (3 pairs)
* Warm Hat
* Waterproofs
* Head torch/Duck tape
* Crampons *(B1 or B2 rated)*
* Walking Ice axe
* Sunglasses/ski goggles
* Mobile
* Camera
* Lunch/drink
* Walking poles (optional)

**NOTES**

It is most important to have options for clothing layers. Carrying a least 2 spare tops in the rucksack is important as the weather and temperature can go up and down a lot during the day.

It is also important to have several pairs of gloves at different thicknesses: 1 to start, a thicker pair as you get higher, and another thick pair if it is really cold.

To feel most secure on your feet I would strongly advise that you have at least B1 rated winter boots (it will say on the label), summer only boots do not fit crampons properly and are too flexible on the sole.

Winter boots can be hired in Fort William for a small daily fee (advanced booking is essential)

For advice on crampons and winter boots please contact me.