**Summer hill walking Kit list and Equipment**

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

Kit list:

* **Small rucksack** 15 – 20 litres
* **Water bottle** for 2 litres
* **Waterproof top** and **trousers**
* **Spare warm top**
* **Very small personal first aid kit** (blister plasters, medication, rehydration powder, pain killers etc)
* **Food** for lunch
* **Mobile phone**

*Optional Additional kit*

* **Sunglasses, sun hat, sun cream.**
* **Gloves, warm hat.**
* **Walking poles** can help ease the legs on decent although not an essential item.

Clothing:

* **It is most important to have Sturdy Walking Boots that offer ankle support which are well broken in.**
* **Clothing that should be avoided is denim jeans, cord trousers, cotton t-shirts and trainers (around town clothing).**

Synthetic base layers, fleeces, leggings and walking trousers will keep you dryer and more comfortable in varying temperatures.

Additional Information:

* **The weather throughout the year can bring anything on the mountain and there can often be a big contrast between conditions at sea level and up on the summit at 1200m.**
* **Check the weather a few days before for summit conditions at:** [**http://www.metoffice.gov.uk/public/weather/forecast/ben-nevis-highland#?tab=fiveDay&fcTime=1389916800**](http://www.metoffice.gov.uk/public/weather/forecast/ben-nevis-highland#?tab=fiveDay&fcTime=1389916800)