

## WINTER KIT LIST

### EQUIPMENT YOU NEED TO BRING WHICH WE CAN PROVIDE *(if required)*

- Waterproof jacket and over-trousers
- Warm waterproof gloves and warm hat *(several pairs of gloves, and a spare hat)*
- Fleeces
- 30 to 40 litre rucksack
- Compass and 1:25k and 1:50k maps of the Cairngorms
- Helmet
- Head-torch
- Rucksack liner or dry bags
- Survival bag

### EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT PROVIDE

*These are the essentials; this is not an exhaustive list*

- Personal walking clothing, suitable for winter conditions
- Insulating layers *(base layer, fleece and synthetic insulating jacket with hood)*
- Spare insulated synthetic jacket with hood
- Winter mountaineering trousers
- Water bottle *(1 litre minimum)* and flask of hot drink *(optional)*
- Packed lunch and snack food
- Personal first aid kit
- Goggles
- Gaiters
- Walking poles (two)
- Winter Boots (B1 or B2)
- Crampons (C1 or C2)
- Ice Axe *(suitable for winter walking)*

**Winter boots, ice axe and crampons can be hired from outdoor shops at Aviemore.**

Please see our website for details <https://www.teamwalking.co.uk/events/winter-skills-walking-week/>

## HOW TO WEAR YOUR CLOTHING

*It is important to wear a 'layering system' of clothing as follows:*

- Base layer – long-sleeved T-shirt
- Mid layer – warm fleece
- Mid layer - Insulated synthetic jacket with hood
- Outer shell – waterproof/breathable walking jacket and over-trousers
- Warm hat and waterproof winter gloves (layer your gloves so you are wearing thin thermal gloves inside your warm waterproof gloves)
- Warm winter walking socks and winter mountaineering trousers
- Winter boots (B1 or B2).
- Gaiters
- Wristwatch

*Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton.*

## IN YOUR RUCKSACK *(in waterproof dry-bags)*

- Warm hat and waterproof gloves
- Spare insulated synthetic jacket with hood
- At least two pairs of spare warm winter gloves
- Ice axe and crampons
- Helmet
- Goggles
- Head-torch and spare batteries
- Insulated water bottle *(at least 1 litre)* and a flask of hot drink
- Packed lunch and high energy snack food (in insulated bag)
- Waterproof bag for your mobile phone.
- Small personal First Aid kit
- Medications (if applicable)
- Survival Bag
- Walking poles
- Maps and compass

*We'll show you how to pack your rucksack, carry and use your ice axe, carry and wear your crampons and use your winter kit on Day One and Day Two of this trip.*

**YOUR GUIDE:** Graeme Nimmo, Winter Mountain Leader