



EQUIPMENT LIST

Essential Equipment

Waterproof boots - probably the most important piece of kit. Good ankle support recommended. It is a good idea to make sure you have worn the boots a few times before any long walks in them.

Waterproof jacket with a good hood. No mac-in-a-pac's please!

Waterproof trousers - side zips are useful to help get them over your boots.

Hat and gloves - even in summer, summit temperatures can be low especially on the Ben.

Warm Layers - fleece works well, is warm and lightweight.

Food and water - at least 1.5-2 litres of water and plenty snacks and high energy foods to get you through the day. A mixture of Complex carbs e.g. breads, oats, flapjacks and sugary snacks works well.

Rucksack - large enough to carry all of the above, large poly-bag liner useful as rucksacks aren't waterproof!

Other recommended equipment

Trekking trousers - with or without zip-off's.

Wicking baselayer - keeps moisture away from your skin and reduces how cold you feel as a result.

Trekking poles - can take 3 tonnes of loading off of your knees over the course of a day - well worth it for the Ben!

Sun screen, sun glasses and hat - mountain sun can be fierce.

Midge repellent - worth considering in still summer conditions.

Any specific questions about kit then get in touch and we'll be more than happy to help and advise you.

We do have a small selection of kit available for hire if required. Get in touch for more information.