

EQUIPMENT LIST- Summer Scrambling/Climbing

Helmet

Harness

Belay Plate

120cm Sling & Carabiner

All of these can be provided & hire is included in prices

Walking boots/Approach Shoes - This comes down to personal preference. If new to scrambling, we recommend a lightweight stiff scrambling boot as this allows you to make use of small edges when scrambling on rock. A Summer Alpine type boot is ideal. If spending money on any piece of kit, boots are the thing to spend on as you'll be wearing them all day and they keep you attached to the mountain! Approach shoes with sticky rubber are also very popular however they offer no ankle support and most are not waterproof.

Rock Shoes- for technical rock climbing only (usually grade V. Diff and above)

Wicking baselayer - keeps moisture away from your skin and reduces how cold you feel as a result. Cotton is not really suitable.

Trekking trousers- Lightweight, fast drying trousers are ideal.

Mid layer- to be worn on top of baselayer in cooler conditions, for example a lightweight fleece or Primaloft top.

Waterproof jacket - e.g. GoreTex, E-Vent, Paramo, Hyvent, etc

Waterproof trousers- e.g. GoreTex, E-Vent, Paramo, Hyvent, etc

Warm hat- e.g. Woollen beanie

Gloves- for places like Skye, leather gardening style gloves can work well although these aren't waterproof so you'll need a couple of pairs.

Spare warm layer- e.g. fleece, synthetic insulation like primaloft,

Food and water - around 1-2 litres of water and plenty of snacks and high energy foods to get you through the day.

Rucksack - 30 litres- recommended

Rucksack liner/Drybags- rucksacks aren't waterproof so either a large poly-bag liner or several smaller dry-bag type bags recommended.

Sun screen, sun glasses - mountain sun can be fierce and the sun does come out occasionally in the Highlands!

Small Personal First Aid Kit- e.g. plasters, painkillers, medication, nitrile gloves
Whistle

Head Torch- for Late Summer/Early Autumn (September onwards)

Trekking poles (Optional) - can take 3 tonnes of loading off of your knees over the course of a day