



## Mountaineering Kit List

### Clothing

- Helmet
- Wetsuit
- Dry top
- Dry trousers
- Skull cap
- Shorts
- T-shirts
- Thermal top
- Thermal trousers
- 
- 

### Mountaineering Equipment

- Kayak
- paddles
- Spray deck
- Buoyancy aid
- Neoprene boots
- Neoprene gloves
- Water bottle
- 
- 

### Emergency Kit

- First aid kit
- Throw line & knife
- Sling & karabiner
- Bothy bag / survival bag
- Mobile phone
- Head torch
- Hat
- Gloves
- Boat repair kit
- Split paddles
- 
- 

### Food

- Packed lunch and plenty of water
- Emergency food
- Flask
- 
- 

### Accessories

- Towel
- Sun screen
- Sun glasses
- Camera
- 
- 

### Medication

- Tablets, Inhaler etc.
- 
- 

### Miscellaneous

- Parking fees
- Dry bags
- Spare batteries
- Fins (& alan keys)
- Zip ties
- 
-