



## Mountaineering Kit List

### Clothing

- Walking boots
- Thick socks
- Waterproof jacket
- Waterproof trousers
- Gaiters
- Fleece
- Thermal top
- Thermal trousers
- Extra jumper
- Warm hat
- Gloves
- Sun hat
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### Mountaineering Equipment

- Map     1:25,000     1:50,000
- Compass
- Route card
- Rucksack
- Tent
- Sleeping bag
- Ground mat
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### Cooking Equipments

- Stove
- Fuel
- Lighter
- Pots, pans & handle
- Plate, bowl, mug, cutlery
- Water bottle / hydration system
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### Emergency Kit

- First aid kit
- Confidence rope
- Bothy bag / survival bag
- Mobile phone
- Head torch
- Hat
- Gloves
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### Accessories

- Wash bag
- Towel
- Sun screen
- Sun glasses
- Camera
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### Medication

- Tablets, Inhaler etc.
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### Miscellaneous

- Parking fees
- Spare batteries
- Spare laces
- Tent repair kit
- Spare boot laces
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This kit list is intended as a guide, the time of year and weather conditions should be considered when preparing for a trip. We have left space for you to add extra items should you wish.