



Clothing and equipment needed for safe travel in the winter mountain environment



All kitted out for self sufficiency in the winter environment.

- Hard shell type waterproof jacket, anything that's purpose made for harsh conditions. There are plenty of brands available.
- Waterproof over trousers, without a doubt Salopette type trousers are the best, try to get ones with a full length side zip to make putting them on over boots easier. Also easier to get undone for a full on toilet stop!
- Hats and/or balaclavas
- Gloves (at least 3 pairs) Dachstein or woolen mitts are good, as are most good quality winter mountaineering type gloves, don't buy cheap as having frost nip or worse is not nice! My personal favourites are the Extremities Ice Glove, nice and warm, very waterproof and very dextrous, meaning handling ropes and carabiners or doing your laces up is easy work!
Another option is to have a few pairs of thin but warm gloves, when they get wet just stash them away and put on a fresh pair.
- Thick Walking socks, try Thorlo or Smart wool winter walking socks.
- Wicking base layer (This is worn next to the skin and should not be cotton) smartwool, helly Hansen, ice breaker, Paramo etc
- A mid weight long sleeved fleece is a must for extra warmth.
- Generic walking trousers, no jeans or tracksuit bottoms!!!
- Whistle
- Orange Poly Survival bag or a silver thermal survival bag that packs down small.



- Rucksack for winter needs to be around 35lt capacity so that you can get all your spare kit, flask, food, hats gloves crampons etc in. Waterproof rucksack liner is essential in winter weather. Rucksacks are not waterproof so get a large 'exped' brand liner.
- Personal Medicines/small 1st aid kit
- ½ or ¾ litre flask is an ideal size, you can wrap some old foam mat around it with duck tape to make it stay hotter for longer.
- Walking ice axe, not a technical climbing axe. Ideal length varies with your height, but somewhere between 50cm and 65cm maximum is good.
- Winter Boots, these must be able to take a crampon, if you are unsure of this, check with an outdoor store or give us a call/email. Such boots will be classed as B1 or B2.
- Crampons (These should be compatible with and fit your boots, see next page)
- Spare thin Fleece or gillet.
- Gaiters – essential item
- Ski Goggles are not to be left behind, they are essential in bad blizzards, sun glasses.
- Sun cream
- Vaseline and/or lip balm!

A down jacket, whilst not essential may be a great item to just shove over the top of your shell jacket for lunch stops or when you're feeling a bit cold, down however doesn't like the damp conditions sometimes found in Scotland so a synthetic lightweight jacket is a much better option if you are thinking of taking a fast block insulating layer out on the hill with you.



Moving over steep ground with mixed snow/rock/ice needs sturdy footwear

Winter Boots

To support crampons and kick steps in hard snow, winter boots need to be more rigid in the shank and on the sole section.

Walking boots are classed as B0 (zero), B1, B2 or B3.

B0 boots do not support crampons and should not be used.

B1 or B2 boots will support crampons. Go for B1 boots if you think you'll be venturing out on to very easy winter walks now and again.

Go for B2 boots if you think you'll be going up slightly steeper routes or scrambles.

To be honest we would simply recommend B2 boots as the minimum.

Crampons

Crampons are similarly graded C1, C2 or C3.

C3 crampons are high end crampons aimed at steep winter climbing.

You should go for a C1 or C2 crampon.

A B2 graded boot will support a C2 or C1 crampon

A B1 graded boot will only support a C1 crampon and not a C2 crampon.

Our recommended crampon for all round winter walking and mountaineering would be the Grivel G12 in either the Cramp o Matic (wire bale toe and step in heel) or New Matic (basket front and step in heel)

We recommend you hire this equipment to test it out prior to purchase or alternatively buy your boots and crampons at the same outdoor specialist store and get the store to fit the crampons to the boot in the store.

The crampons should follow the sole of the boot.

We also recommend anti-balling plates for your crampons. Most crampons now come with them as standard, but do check.

Ice Axes

A walking axe of 50-65cm is ideal but its length is dictated to some degree by your height.

A technical climbing axe is **not** suitable for this course.