



Scottish Scrambles Kit List

Rucksack For a scrambling day you will need a 30-40 litre rucksack. For a Cuillin Ridge traverse you may need a larger 40-45 litre rucksack to accommodate extra kit. Note that different manufacturers measure rucksack size differently, so please use these capacities as an approximate guide. A waterproof liner of some sort is a good idea for spare clothing (I would recommend some small waterproof stuff sacs with a roll top). Make sure everything can fit in your sack. Under normal circumstances only your axes should be on the outside.

Boots For a scrambling day a B2 boot is most appropriate. A semi stiff sole will give support for climbing, but some flex is useful for day long comfort. Having good ankle support is essential.

Socks You will need a thick pair of socks which ensure a good fit with your boots.

Gaiters A pair of gaiters might be useful for scrambles with boggy approaches.

***Helmet** This is necessary for all scrambling and climbing courses. Make sure it fits properly over a hat.

***Harness** A design with adjustable leg loops and waist is preferred as it will be much easier to put on over multiple layers of clothing.

***Hardware** You Instructor/Guide will provide technical equipment as required. Please feel free to bring your own technical gear along and we can advise as to its suitability. Each individual client will need a belay plate, a 120cm sling, and 2 screwgate karabiners.

Sunglasses, sun cream and lip balm If sun is forecast these are well worth carrying otherwise the day can become unbearable.

Midge Repellant and Midge head net Protection from the wee beasties is essential, ignore this one at your peril.

Water bottle or flask It is important to stay hydrated out on the hill and as such we recommend carrying a water bottle.

Compass and Maps It is important to have a map for your day on the hill. This should either be fully laminated or in a good quality waterproof map case e.g. Ortlieb. I would recommend a Silva Type 4 compass. A small quantity of cut down maps are available on loan.

Head torch A super bright LED type head torch is best. Given the long daylight hours in Scotland this should remain unused but it is always worth carrying one.

Waterproof jacket and trousers These should be breathable, waterproof and hardwearing. Rocky environments can be tough on kit and we would suggest buying the best that you can afford. Very lightweight gear will easily rip when scrambling. Make sure your trousers have $\frac{3}{4}$ or full length zips so they can be pulled on over boots.

Thermal base layer A thin synthetic thermal layer is essential even in summer.

Fleece Layers/Softshell Having a good layering system will greatly improve your comfort. As a general guide a fleece layers for your upper body and a pair of soft shell trousers is the norm. Having an extra synthetic top in a waterproof liner at the bottom of your rucksack is essential.

Gloves Warm gloves are essential. As a guide a leather or synthetic pair for handling ropes and protecting your hands, and a thick warm waterproof pair. Gloves for scrambling can be purchased from a hardware store.

Hats A fleece or thin wool hat are essential. This should be of a simple design that fits easily under a helmet e.g. think beanie rather than bobble!

Mobile phone and waterproof case Some people choose to carry their mobile phone despite reception being poor on the hill. It is definitely worth ensuring that you have some sort of waterproof case/bag.

Trekking poles These are not essential but for some big days on the hills they will help to reduce the hammer on your knees and are a definite asset in deep heather. If you do bring them make sure they can be taken apart easily and fit **inside** your rucksack.

** Items marked with a star can be loaned from Mountain Assurance Ltd. There is no additional charge but it should be noted that we have small quantities*

available, and as such they are available on a first come first served basis. Boots can be hired in Fort William/Aviemore if required.

If you would like advice on the purchase of specialist equipment, please feel free to get in touch for advice. I will always try to give impartial advice to ensure you have the correct equipment.