



## **Ben Nevis Kit List**

The weather on Ben Nevis can change in a matter of minutes. Rain is common and it can regularly feel as cold as -10 degrees celsius on the summit, even in the summer. Make sure you are ready for your day by packing the items on the list below.

### **To wear**

- Thermal base layer top – polyester or woollen, no cotton
- Warm fleece
- Walking trousers – no jeans
- Spare fleece or synthetic insulating layer
- Waterproof jacket and trousers
- Warm hat and gloves (spare gloves recommended)
- Sun hat
- Walking boots – three season with ankle support

### **Other equipment**

- Rucksack – roughly 25 litres
- Lunch and spare food
- 1 litre flask or water bottle
- Whistle
- Walking poles (recommended but not essential)
- Sunglasses
- Sun cream
- Mobile phone in a waterproof case
- Camera

