



## **Rock Climbing Kit List**

The weather in the Scottish mountains can change in a matter of minutes. Rain is common and it can regularly feel as cold as -10 degrees celsius on the summits, 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 or approach shoes

### **Other equipment**

Rucksack – roughly 30 litres  
Lunch and spare food  
1 litre flask or water bottle  
Harness and helmet  
Rock shoes  
Belay plate and screwgate carabiner  
Map and compass  
Whistle  
Emergency survival bag  
Head torch  
Sunglasses  
Sun cream  
Mobile phone in a waterproof case

