



Avalanche Awareness Kit List

The weather in the Scottish mountains can change in a matter of minutes. Snow is likely and it can regularly feel as cold as -20 degrees celsius on the summits. Make sure you are ready for your day by packing the items on the list below.

To wear

Thermal base layers – polyester or woollen, no cotton
Warm fleece
Walking trousers – no jeans
Spare fleece or synthetic insulating layer
Waterproof jacket and trousers with side zips
Warm hat and gloves (spare gloves recommended)
Stiff walking boots – B2 or B3 rated

Other equipment

Rucksack – roughly 35 litres
Mountaineering ice axe and crampons
Helmet and harness
Belay plate and carabiner
Lunch and spare food
1 litre flask or water bottle
Headtorch
Ski goggles
Map and compass
Whistle
Walking poles (recommended but not essential)
Sunglasses
Sun cream
Mobile phone in a waterproof case
Camera

