



Winter Skills / Walking Equipment List

- You might have some of this equipment already. Obviously, don't go and spend a fortune on top of the range kit – please speak to me if you have any questions. Aviemore has plenty of outdoor shops for last minute purchases.
- These days are good opportunities for you to try out some new equipment, get some advice and see what works best for you.

| Item | Notes | Hired locally? (subject to availability) | Essential (E), Desirable (D) Optional (O) | Packed? |
|-------------------------------|--|--|---|---------|
| Waterproof jacket | <ul style="list-style-type: none"> Including ideally an attached hood large enough to go over a helmet. Goretex, Event and Paramo are good materials. Avoid non breathable materials. Some softshells (eg: Gore Windstopper) are nearly waterproof, except in very wet conditions. Skills sessions involve sliding on hard snow, which can be tough on waterproofs. An old waterproof or a windproof to wear on top may be a good idea. Ski jackets may be suitable – check at booking. | | E | |
| Waterproof trousers | <ul style="list-style-type: none"> Full length side zips can be useful, but not essential. Ski trousers can be suitable, as long as they are not very baggy. | | E | |
| Gaiters | <ul style="list-style-type: none"> Front opening versions are convenient | | E | |
| Warm wicking top layer | | | E | |
| Warm legs layer | <ul style="list-style-type: none"> Absolutely NO JEANS please. 'Soft shell' or fleece work well. | | E | |
| Warm mid layer(s) | <ul style="list-style-type: none"> You could be surprised just how hot and cold you can feel in one day. Wear synthetic layers that you can swap around easily. 'Soft shell' layers are very flexible. | | E | |
| Down / synthetic jacket | <ul style="list-style-type: none"> Synthetic belay jackets are VERY worthwhile. | | D | |
| Walking boots | <ul style="list-style-type: none"> Compatible with at least strap on crampons, these may be hired locally if required, subject to availability. THREE SEASON BOOTS ARE NOT SAFE FOR WINTER CONDITIONS. | Yes | E | |
| Crampons | <ul style="list-style-type: none"> Step in, heel clip + strap or full strap | Yes | E | |
| Ice axe | <ul style="list-style-type: none"> Walking type | Yes | E | |
| Helmet | | Yes | E | |
| Gloves | <ul style="list-style-type: none"> Waterproof/ ski gloves (wrist leashes are a good idea) | | E | |
| Spare gloves | | | E | |
| Hat | <ul style="list-style-type: none"> Not too bulky – able to wear under a helmet | | E | |
| Ski Goggles and/or sunglasses | <ul style="list-style-type: none"> Essential for walking in all conditions and for practising self arrest. 'Wrap type' sunglasses, safety glasses or yellow/orange glasses are sometimes OK. Goggles should be double lensed. | | E | |
| Scarf / facemask / balaclava | <ul style="list-style-type: none"> Eg 'Buff' | | O | |

| | | | | |
|------------------------|---|--|---|--|
| Warm walking/ski socks | | | E | |
| Headtorch | <ul style="list-style-type: none"> Petzl or Black Diamond, etc. | | E | |
| Map | <ul style="list-style-type: none"> Sheet 36 Ordnance Survey covers Cairngorm. | | O | |
| Waterproof map case | <ul style="list-style-type: none"> Ortlieb are extremely good. Ensure you can clip/ tie it to yourself. | | O | |
| Compass | <ul style="list-style-type: none"> Silva Type 4 recommended. | | O | |
| GPS | <ul style="list-style-type: none"> Nice to play with and check navigation. | | O | |
| Walking pole(s) | <ul style="list-style-type: none"> Only if you are used to using them. One is usually enough, since you will also be carrying an axe. | | O | |
| Rucksack | <ul style="list-style-type: none"> Large enough hold EVERYTHING ON THIS LIST, comfortably (approx 35 – 45Litres) | | E | |
| Packed Lunch | <ul style="list-style-type: none"> Ask yourself, could you still eat it after putting it all in the freezer for a few hours? Unwrapped sweets are good! | | E | |
| Drink | <ul style="list-style-type: none"> Thermos and/or cold drink. See above! Avoid glass thermos. Hydration systems tend to freeze – a wide mouthed plastic (eg: Bike) bottle works great. | | E | |
| Camera | | | O | |
| Watch | <ul style="list-style-type: none"> For navigation and timing chocolate stops! | | O | |
| Survival bag | <ul style="list-style-type: none"> Big orange plastic thing. Folds up small, cheap and a lifesaver. | | E | |