



everyday climbing

Scottish Mountain Specialists

Overnight expeditions (winter conditions)

Equipment checklist

- • 50l-70l+ backpack
- • B2/B3 winter mountain boots
- • C1/C2 crampons
- • Gaiters
- • Ski goggles
- • Single mountaineering axe
- • Climbing helmet
- • Walking poles
- • Snow shovel
- • Avalanche probe
- • Stove and fuel
- • Emergency shelter (Orange bag)
- • 4 season sleeping bag
- • Sleeping mat
- • Tent, bivouac bag or tarp
- • Stove and fuel
- • Pan, pan grips and spoon
- • OS maps of planned areas
- • Waterproof map case
- • Compass (silva type 4 recommended)
- • Water bottle (around 1 litre)
- • Hot drink flask
- • Food and extra food (min. 4000cals.)
- • 2x head torches or 1x + spare batteries
- • Thick socks
- • Waterproof jacket and trousers
- • Thin fleece or light insulated jacket
- • Thick fleece or mid insulated jacket
- • Thick insulated jacket
- • 2x warm hat (in case one gets wet)
- • 2x Buffs (in case one gets wet)
- • 3-4x pairs winter gloves
- • Hiking trousers
- • Synthetic/merino base layers
- • Personal medication
- • Waterproof stuff sacks for everything