



Conditions on Scotland's mountains and coasts can change quickly so it is important that you are well prepared. Personal fitness is important as is your clothing and a sensible approach to safety. Our mountainous ascents will normally include a guide who is there primarily to keep you on the right track. They may also provide a little bit of information on the local area and point out interesting sights, well, as long as you aren't walking above the clouds!

Walkers will need to provide the following equipment depending on route choice;

### Mountainous Ascents

- Waterproof jacket (with hood) & waterproof trousers
- Stiff mountain walking boots (B1 or B2)
- Gaiters
- Hiking trousers
- Thermal base layer
- Fleece mid layer(s)
- Spare warm insulated jacket.
- Hat or balaclava
- Warm waterproof gloves x 2
- Ski goggles
- 30 - 40ltr rucksack with waterproof liner
- Thermal flask
- Compass & map case
- Ice axe
- Crampons
- Head torch and spare batteries
- Emergency survival bag or blizzard bag

### Coastal and low-level walks

- Waterproof jacket (with hood) & waterproof trousers
- Walking boots
- Hiking trousers
- Thermal base layer
- Fleece mid layer(s)
- Spare warm insulated jacket.
- Warm hat
- Warm waterproof gloves
- 30 - 40ltr rucksack with waterproof liner
- Thermal flask
- Head torch and spare batteries.