

Hillwalking Gear Checklist

Essential

- Hillwalking Boots
- Wind / Waterproof jacket + Overtrousers
- Socks
- Leggings / tracksuit bottoms
- Thermal top / T-shirt
- Fleece & spare fleece
- Hat & gloves
- Gaiters
- Food & drink
- Emergency Food
- Rucksack with liner
- Bivvy bag
- Whistle
- Map (laminated or in map case)
- Compass
- Watch
- Torch & spare battery / bulb
- First aid kit

Other Useful Items

- Trekking pole(s)
- Mobile phone
- Spare socks
- Spare laces
- Water purification tablets
- GPS

Additional in Summer

- Extra water
- Sunscreen / lip balm
- Insect repellent
- Sunglasses
- Sun hat

Additional in Winter

- Flask
- Thermal leggings
- Extra fleece
- Second hat
- Mitts
- Second pair of gloves
- Balaclava
- Group shelter (within the group)

Scottish Winter Conditions

- Ice axe
- Crampons
- Goggles
- Sleeping bag (within the group)
- More warm clothes, extra hat & gloves
- Heavy-duty Waterproofs