

BASIC PERSONAL EQUIPMENT	
Base layer – wicking underwear	
Socks – long woollen socks perhaps with thinner pair underneath	
Fleece or woollen hat	
Balaclava	
Gloves – at least one spare pair and appropriate for the cold, possibly wet and windy environment	
Buff or neck warmer	
Windproof jacket and trousers (soft shell)	
Waterproof jacket and trousers (outer shell)	
Boots – B2 rated to take a C2 crampon	Can be hired
C2 crampons	Can be hired
Sunglasses	
Ski goggles	
Harness and screwgate carabiner	
Climbing helmet	
Ice axe for walking	Can be hired
Food – high energy, easy to carry and quick to consume	
Drink – 1ltr (Nalgene type) water bottle and possibly a 500ml flask for a hot drink	
Rucksack – big enough (40ltr) to fit equipment, drybags, spare clothing, food and drinks	
Fully charged mobile phone in plastic bag or dry case.	
Head torch with spare or spare batteries	
Whistle	
Survival bag	
Personal hygiene pack with suncream, lip salve, toilet paper, hand gel.	

OPTIONAL PERSONAL EQUIPMENT	
Watch	
Waterproof map of area	
Magnetic compass and possibly a spare	
Personal first aid kit	
Walking poles with snow baskets	
1200mm/2400mm slings	
Belay device with screwgate carabiner	
Snow shovel	
Snow probe	
Foam mat to sit on when taking breaks	
Multi tool	

GROUP EQUIPMENT	
Watch – vital to keep track of time and progress	
Group shelter(s) – sufficient for size of group	
First aid kit	
Waterproof map of area	
Magnetic compass and possibly a spare	
GPS	optional
Locator beacon	optional
50m rope	optional
Belay protection – deadman, hexes, ice screws, carabiners, 6mm cord, according to terrain	optional

Ellis Brigham outdoor equipment shop and hire: <https://www.ellis-brigham.com/equipment-hire-scotland>

Expedition Kit Hire UK gives 10% discount to BMC members: <https://www.expeditionkithire.co.uk/>