



# Equipment and Clothing List - Hillwalking

Walkingboots (going over your ankles for support)

Gaiters (not essential, but great to have!)

Waterproof Trousers

Waterproof Jacket

Warm jacket (even in summer the tops can be rather cold and windy)

Fleece (ideal with a chest zip...it allows you to control your temperature better)

Baselayer

Hat

Gloves

Sunglasses / Suncream -

(not essential, but as you know: It's always sunny in Scotland ;)

Headtorch

Food - enough to make sure you have extra

Drink - personal preference of amount but recommended 1.5litres

Small 1<sup>st</sup> Aid Kit (blister plasters are worthwhile just incase)

Personal Medication

Trekking poles - (not essential, but great if you have them)





# Equipment and Clothing List - Indoor and Outdoor Climbing

Sturdy Shoes or Walkingboots

Waterproof Jacket

Warm jacket (even in summer it can be rather cold and windy)

Fleece (ideal with a chest zip...it allows you to control your temperature better)

Hat

Gloves

Sunglasses / Suncream -

(not essential, but as you know: It's always sunny in Scotland ;)

Food - enough to make sure you have extra

Drink - personal preference of amount but recommended 1.5litres

Small 1<sup>st</sup> Aid Kit (blister plasters are worthwhile just incase)

Personal Medication

Climbing Shoes (if owned)

Harness (if owned)

Helmet (if owned)

If we are indoors, you obviously do not need that much.

(Lunch) - some walls ask you to purchase food from the cafe

Drink

Personal Medication

Harness and Shoes (if owned)

