**WHAT WILL I NEED**

Glenmore Lodge has a large, and very comprehensive store of up-to-date clothing and equipment. You are welcome to bring your own (your instructor may wish to check that personal equipment is appropriate for the activity), or borrow from our stores as needed.

YOU WILL NEED (Glenmore Lodge can provide if required)

* Waterproof jackets and trouser
* Insulated synthetic jacket
* Appropriate footwear for the attended course
* Gaiters
* 40lt rucksack
* Walking poles
* Compass – Silva type 4 recommended with a 1:40,000 romer

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES

Listed here are the essentials, this is not an exhaustive list.

* Personal clothing
* Warm outdoor wear
* Insulating layers
* Trekking / climbing trousers (not cotton)
* Hat & gloves
* Whistle
* Waterproof map case (maps and map cases are not a stores item but can be purchased from our shop)
* Rucksack liner (or sturdy bin liner) / dry bags
* Hydration system (water bottle)
* Box or bag for packed lunch
* Personal first aid kit
* Personal toiletries & medications (towels are provided)
* Suncream & sun hat

Map information – we encourage everyone on mountain courses to have a map covering the Northern Cairngorms with a 10km radius from the ski area.

If you have digital mapping and can print off map sheets a suggested area would be:

NW corner NH8514         NE corner NJ0314

SW corner NN8593          SE corner NO0393