**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. **Please be aware that this is a general kit list and that not all items will be required for your course.** Check your course page for any specific item detail.

YOU WILL NEED (**Glenmore Lodge can provide if required**)

* Waterproof jacket and trousers
* Insulated synthetic jacket with hood
* Winter Boots
* Gaiters
* Crampons
* Ice Axe
* Helmet
* Climbing harness
* 40lt rucksack
* Walking poles
* Compass

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
* Winter outdoor wear
* Insulating layers
* Winter climbing / mountaineering trousers
* Hat & gloves, several pairs of.
* Waterproof map case.
* Headtorch
* Rucksack liner (or sturdy bin liner) / dry bags
* Hydration system (water bottle / flask)
* Box or bag for packed lunch.
* Personal first aid kit
* Goggles

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