**Winter Mountaineering – Clothing and Equipment List**

This list covers everything you’ll need for your Winter Mountaineering course. We have a fantastic store at Glenmore Lodge that can provide many items required for your course. Items marked in RED are available to borrow. Everything else should be brought with you.

**Clothing Essentials**

**You need to bring:**

* **Waterproof Jacket**  
  A tough, breathable jacket with a fixed hood big enough to go over a helmet. It should be big enough to fit over multiple warm layers.
* **Waterproof Trousers or Salopettes**  
  Should be durable and breathable, ideally with long zips for easy use over boots and crampon patches at the ankles. To protect them from being easily damaged by a sharp crampon
* **Insulated Jacket**  
  A warm outer layer for when you're stationary. Synthetic insulation is ideal due to the Scotland damp climate.
* **Thermal Base Layers**  
  Lightweight tops (short or long-sleeved) made from synthetic material – avoid cotton.
* **Mid-Layers**  
  Two medium-weight fleece layers work well to allow flexible temperature control.
* **Trousers**  
  Wind-resistant softshell trousers are best. Bring thermal leggings too for extra warmth on cold days.
* **Hat and Neck Gaiter**  
  A warm hat that fits under a helmet (no bobbles!) and a neck gaiter for added protection.
* **Thin Gloves**  
  Lightweight fleece gloves are useful for walking in or out of the hills.  
  *Example:* [*Rab Power Stretch Gloves*](https://url.uk.m.mimecastprotect.com/s/skVGCy8vLCNN9kPuQiLhx3xBX?domain=rab.equipment)
* **Warm Socks**  
  Thick, insulating socks. Some people prefer to wear a thin liner sock underneath.
* **Waterproof Gloves (x2 pairs)**  
  Warm and waterproof. Must allow good finger movement – you should be able do up crampon straps or operate a compass while wearing them.  
  *Example:* [*Rab Guide 2 GTX Gloves*](https://url.uk.m.mimecastprotect.com/s/4WfuCzmwMhRRJ9YsKsQh98nEG?domain=rab.equipment)

**Personal Equipment**

* **Backpack (Approx. 40L)**  
  Must have ice axe attachment points and a waist strap. You’ll carry more in winter than summer.
* **Backpack Liner or Dry Bags**  
  Rucksacks aren’t waterproof, so line them with dry bags or a strong rubble sack (not a bin liner).
* **Gaiters**  
  Great for keeping snow, slush, and debris out of your boots.
* **Ski Goggles**  
  A must-have in snowy or windy weather. Budget goggles with double lenses. Ideally lenses should be clear or cat 1.
* **Flask and Water Bottle**  
  Bring both if possible (around 500–750ml each). Hydration tubes tend to freeze in winter.
* **Map**  
  OS Map 36 (1:50k scale). Laminated maps are easier to handle without a case. We can also provide paper maps, but you will need a quality map case.
* **Compass**  
  A high-quality compass such as the SILVA Expedition 4 is strongly recommended.
* **Headtorch with Spare Batteries**  
  Choose a reliable torch with good brightness and battery life.  
  *Recommended: Petzl Tikka or Actik*
* **Personal First Aid Kit**  
  Include blister plasters and any required personal medication.
* **Emergency hill food**  
  Keep a stash of high-energy food (like chocolate or muesli bars) sealed in a small bag.
* **Sun Protection**  
  Sunblock and lip balm – important even in winter due to UV reflection off snow.
* **Sunglasses**  
  On bright days, sunlight reflecting off snow can be harsh on your eyes – glasses are essential.
* **Collapsible Walking Poles**  
  Useful for stability. They should fold into 3–4 sections to fit in your rucksack.
* **Winter Boots**  
  A wide range of boots are available to borrow. If you are bringing your own, they must be rated B2 or B3 for winter use.
* **Ice Axe**  
  We recommend a mountaineering axe with a bend in the shaft and a rubber grip, typically around 60cm in length.  
  *Example:* [*SUMMIT® EVO - Ice-Axes | Petzl Other*](https://www.petzl.com/INT/en/Sport/Ice-Axes/SUMMIT-EVO)
* **Crampons**  
  Available to borrow. If bringing your own, make sure they’re compatible with your boots. We recommend a 12-point mountaineering crampon like the Petzl Vasak [VASAK® - Crampons | Petzl Other](https://www.petzl.com/INT/en/Sport/Crampons/VASAK)
* **Climbing Helmet**  
  Should be in good condition and able to fit over a warm hat.
* **Harness** It is important that your harness can fit over winter clothing and is comfortable to wear for long periods and for walking in. Please ensure that your harness is in good condition (harnesses will be checked by the instructor delivering the course). A general trad climbing harness or a lightweight specific mountaineering harness are both suitable for the course.
* **Belay Plate and Karabiner**
* **Glenmore Lodge** will provide any technical equipment required on a skills course e.g. climbing ropes and racks.