**Winter Skills Course – Clothing and Equipment List**

This list covers everything you’ll need for your Winter Skills 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**  
  Standard walking axe, typically around 60cm in length.  
  *Example:* [*Petzl Summit*](https://url.uk.m.mimecastprotect.com/s/MdpCCAnY3U9972KcQt2hGgHl9?domain=petzl.com)
* **Crampons**  
  Available to borrow. If bringing your own, make sure they’re compatible with your boots. For winter skills we suggest a 10 point walking crampon like the Petzl Irvis [IRVIS® - Crampons | Petzl Other](https://www.petzl.com/INT/en/Sport/Crampons/IRVIS)
* **Climbing Helmet**  
  Should be in good condition and able to fit over a warm hat.