

# GLEN COE KIT LIST 2015-2016

## FOR THE HUT

**Sleeping bag + pillow**

**Toiletries**

**Spare shoes/trainers for around town. Slippers are great for inside the hut**

**Warm clothes. Festive jumper is optional**

## ESSENTIAL KIT LIST

**Full waterproofs (jacket and over trousers)**

These need to be waterproof and not just water-resistant, be careful with DWR (durable water repellent) gear as it might not keep you dry for long

**Warm walking trousers**

Must be wind resistant/proof and ideally water-resistant

**Gaiters**

Make sure these fit over your winter boots

**Warm mid-layers**

Base layers (not cotton!!) & a couple of fleeces

**Winter walking boots**

B2 rated. Try to wear them in BEFORE coming to Scotland

**Warm walking socks & plasters**

Would recommend Compeed – expensive but better than having to stay in the hut because your feet are too painful to walk

**Head torch**

Don't forget spare batteries (or spare head torch if you have one, easier than fumbling with batteries in the dark with cold hands)

**Warm hat**

Make sure this properly covers your ears

**Warm gloves**

You will need more than one pair - if you lose a glove you will be at risk of frostbite (-15° C is not unlikely). You will want a less warm & more waterproof pair for the walk in + a very warm pair. Dachstein mitts are a very warm & cost effective option, need to wear with a liner glove (doesn't need to be fancy, any thin gloves will do).

**Glove liners**

A thin glove liner means you have the dexterity to eat lunch, get things out of your bag etc without getting frostbite when you take your big gloves off

**Neck warmer/balaclava**

**Large dry-bag for inside backpack**

Since backpacks are never that waterproof

**Backpack with hip belt & ice axe attachment**

Large enough to fit extra layers/warm jacket/lunch/water etc.

**Water bottle**

At least 1 litre – Nalgene is a good one to go for  
Hydration systems are highly likely to freeze up

**Goggles**

For use in a blizzard. Don't buy off amazon...

**Survival bag**

You should have one already!!

**IT IS ESSENTIAL THAT YOU HAVE THE RIGHT FOOTWEAR – PLEASE SPEAK TO THE COMMITTEE IF UNSURE**

**PROVIDED BY THE CLUB**

**Walking crampons**  
**Walking axes**  
**Maps and guide books**

**RECOMMENDED EXTRA KIT**

**Synthetic jacket**

These are warm (and still warm when wet), lightweight and compressible. If you haven't got one, make sure you have an extra layer to go over your base layer and fleece and under your jacket because you will get very very cold if you stop walking for even a short time. A big thick fleece that fits over what you are already wearing would do.

**Thermals**

If you get very cold

**Small dry-bag for mobile/wallet/camera**

**Small First Aid kit**

Although the club have basic shared kits

**Walking poles**

Walking poles are not essential but can make walking downhill and in strong winds that much easier

**Compass**

**Hip flask!**

**For boot/crampon info:**

<http://www.needlesports.com/content/bootcrampon-compatibility.aspx>

**For boot hire:**

<http://www.expeditionkithire.co.uk/expedition-boot-hire.html>