

Kit List	Essential	Recommended/Optional
To be worn		
Wicking base layer	x	
Micro-fleece	x	
Walking trousers*	x	
2/3 season walking boots*	X	
Gaiters		o
Specialised walking socks	X	
To be carried		
Rucksack/Daysack	X	
Waterproof Jacket/Trousers (breathable)*	X	
Head Torch and Spare batteries	X	
Warm Hat/Gloves	X	
Spare warm layer (jumper/fleece)	X	
Blister Kit	X	
2litre water bottle/bladder (minimum)	X	
Insect repellent		R
Food and energy snacks	X	
Face covering	X	
Hand Sanitizer	X	

*1. No jeans to be worn. Denim will retain moisture for long periods and may contribute to hypothermia.

*2. Strictly no trainers. Boots should be worn in before the event.

*3. Gore-Tex or similar is ideal

*4. The summit of Ben Nevis is at least 9 degrees colder than the base.

*5. Compeed or similar is ideal