



# CLIMB 1 FOR TYPE 1: BEN NEVIS KIT LIST

## What do I definitely need?

- **Waterproof Jacket & Trousers**

- **Walking Boots & Socks**

A good pair of walking boots which you've tested out in advance - ensure they fit you well and are comfortable. Proper walking socks have more padding where needed and are designed to wick away sweat.

- **Rucksack / Backpack**

Just ensure it's big enough to carry any spare clothing, food, water and other items.

- **Warm Clothes (layers advised)**

A t-shirt or technical base layer to wear next to your skin, under your other layers. We advise against cotton as it soaks up water, often rubs, and doesn't dry easily.

- **Hat & Gloves (waterproof advised)**

You need to keep your head, hands and neck warm. Weather up a mountain changes super quickly so we need you prepared!

- **Food & Lots of Fluid**

Don't forget to pack lunch and snacks that will help keep you fueled up. In terms of water, most participants find 1.5 litres of water is suitable for a normal day walk, or 2-3 litres if you're on a longer walk.

- **Head Torch**

An essential piece of kit throughout the year.

- **Mobile Phone**



- **Survival Bag & Whistle**

We hope you'll never need these - but they are essential for your safety. A survival bag is like a human sized carrier bag that would keep you warm if you become stuck.

- **Money (mix of card and cash advised)**

If for any reason you need to leave the group (e.g. in case of injury or emergency) you may need to arrange a taxi or public transport back to the meeting location/to your accommodation/for onward travel.

- **Personal First Aid Kit**

Whatever personal medication you need, as well as some blister plasters/lip salve/painkillers (hopefully not needed!) All of our walk leaders/guides are first-aid trained.



## What do we recommend you have?

- **Walking Poles**

Many people find these useful for spreading the effort required to go uphill and reduce joint impact going downhill.

- **Suncream**

The Great British weather can be changeable and sunburn can occur even on cloudy days!

