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# MCKEEVER MOUNTAIN GUIDING

## ITEM

**Socks** Go for a medium to thick pair of synthetic, wool or wool/synthetic blend socks. Liner socks are good for preventing blisters. No Cotton.

**Thermal/  
Base Layers** A thermal or wicking top is best. No cotton.

**Fleeces** At least one fleece. Having an extra fleece top or synthetic layer in a waterproof liner at the bottom of your rucksack is useful in case colder conditions are encountered. If you get cold easily perhaps add a an additional fleece/gilet/vest.

**Windshirt or  
lightweight  
softshell  
jacket** Ideal for dry conditions.

**Thermal  
Leggings/  
Long Johns** Long Johns or leggings made of wool or other thermal materials are fantastic for cold days. Either as a single layer under waterproof trousers, or combined with your walking trousers.

**Walking  
trousers** Polyester or softshell is ideal.

**Warm Hat &  
Gloves** A warm hat is essential. For Scottish winter it is best to have at least 2 or 3 pairs of warm gloves. Waterproof gloves tend to be better, but all gloves get wet eventually so quantity is the most important thing.

**Waterproof  
jacket and  
over  
trousers** Lightweight waterproofs are ok but tend to get damaged easily in winter. The trousers should have at least a knee length zip enabling them to be fitted over boots.

**Rucksack** A medium volume sac (30 -40 litres) is best for mountaineering and climbing. Use a strong plastic rucksack liner or dry bag to keep the contents dry. External rucksack covers have a habit of blowing away and don't work as well as an internal liner. Everything needs to fit inside your bag.

**Gaiters** Useful, particularly for protecting your waterproofs from crampons.

**First Aid kit** A small personal pack including personal medication and blister plasters.

**Waterbottle** 1 Litre. A flask of hot drink can be very nice in winter

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<b>Lunch &amp; Spare Food</b>	Enough for a full day on the hill; preferably with snacks you can pull out of a pocket easily. We may not be able to stop for a proper lunch break due to weather.
<b>Trekking Poles</b>	These are optional, but useful particularly in descent.
<b>Boots</b>	For winter skills and mountaineering, boots which have good lateral stiffness such as B1 or B2 rated boots are absolutely fine. For winter climbing B3 boots are best.
<b>Helmet</b>	Please bring one along if you have one. We can provide helmets if needed.
<b>Harness</b>	Please make sure the harness fits over all clothing and can be put on over boots (and crampons). Adjustable leg-loops are preferable for ease of fitting. We can provide a harness if required.
<b>Crampons</b>	For winter skills and mountaineering, C1 or C2 rated crampons are perfect. For winter climbing C2 or C3 crampons are best. The most important thing is that the boots fit the crampons
<b>Axe/s</b>	For winter skills and mountaineering courses a standard walking axe will be suitable. For winter climbing two technical climbing axes will be more appropriate. We may be able to provide axes. Please check.
<b>Belay device, two HMS Carabiners and one 120cm sling</b>	We can provide you with these if you don't have your own.
<b>Other Equipment</b>	Map and compass Whistle Emergency survival bag Head torch Sunglasses & sun cream Mobile phone in a waterproof case Camera



If you have any questions about kit please get in touch and we will be happy to advise.

Kind regards,

Caspar McKeever

