



Kit List

Equipment supplied by Come Mountaineering:

All group safety equipment
Group shelter
First aid kit

Equipment and Clothing:

1. Waterproof jacket and trousers
2. Warm hat, gloves, buff, sun hat, thick fleece or synthetic insulated mid-layer
3. Walking boots
4. Rucksack (best around 30 litres)
5. Drinks bottle
6. Flask (optional)
7. Head torch
8. Food for lunch
9. Midge repellent (summer months)
10. Fine permanent pen (for writing on laminated maps)
11. Sunglasses and high factor sunscreen
12. Trekking poles (optional)

For all courses that involve navigation:

1. Maps - Depends on course (mainly OL 5 or OL 4 and OS Landranger 90) - Laminated maps are strongly recommended, as you don't need a map case and you can mark point.
2. Compass (e.g. Silva Expedition 4)