

# Hillwalking Gear Checklist

## Essential / recommended

Hillwalking Boots  
Waterproof jacket  
Socks  
Walking trousers  
Thermal top / T-shirt  
Fleece & spare fleece  
Hat & gloves  
Waterproof overtrousers  
Gaiters  
Food & drink  
Emergency rations  
Rucksack with liner  
Bivvy bag / survival blanket  
Whistle  
Map (laminated or in map case)  
Compass  
Watch  
Torch & spare battery / bulb  
First aid kit  
Mobile phone

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## Other useful items

Trekking pole(s)  
Reflective armband  
Spare socks  
Spare laces  
Water purification tablets  
GPS

## Additional in summer

Extra water  
Sunscreen / lip balm  
Insect repellent  
Sunglasses  
Sun hat

## Additional in winter

Flask  
Thermal leggings  
Extra warm layer  
Second hat  
Mitts  
Second pair of gloves  
Balaclava  
Group shelter (within the group)

## Scottish winter conditions

Ice axe  
Crampons  
Goggles  
Sleeping bag (within the group)  
More warm clothes, extra hat &  
gloves, heavy-duty waterproofs,  
gaiters essential.