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Suggested equipment list for summer courses

Waterproof/Windproof jacket and trousers
Correctly fitted walking boots
Gaiters
Fleece mid layer
Base layer, eg. wicking T-shirt
Gloves and spares
Hat/Balaclava
Head torch, spare bulb and battery (Ordinary torch will do.)
Rucksack and plastic liner (A 25-30 litre day sack will do.)
Spare fleece or sweater
Spare socks
Water bottle
Compass and whistle
OS Landranger 1:50000 scale map Sheets 19, 24 and 25.

Please note, many clients find walking poles very useful for some of the rough descents from the Torridon Munros.

Additional Items for Winter Courses

Correctly fitted four season walking boots with a rigid sole
Correctly fitted crampons
Ice Axe

Please do not worry if you don't have all of the items on this list; give me a phone and we can discuss any problems.

Additional Items for Mountain Biking

Bike helmet, bike-gloves and any personal protective pads that you usually wear.
Spare rear-mech hanger, two spare sets of brake pads, two spare inner tubes for your make of bike.

(Your bike guide will carry a full first aid kit and bike repair kit but we cannot provide for every make of bike.)