KING
MOUNTAINEERING

Kit List – Summer Hillwalking

Please ensure that you have the following kit before coming on one of our summer hillwalking events. If you do not think you will be able to bring any of these things please get in touch and we may be able to arrange for spare equipment or advise on hire options.

- Walking Boots
- Rucksack
- Dry-bags or waterproof rucksack liner
- Suitable outdoor trousers
- Thermal baselayer or T-shirt
- Fleece/jumper & spare
- Waterproof jacket
- Waterproof trousers
- Gaiters (optional)
- Hats/gloves & spares
- Headtorch
- Map & compass*
- Survival bag/blizzard bag*
- First aid kit*
- Insulated jacket (optional)
- Sunglasses
- Sunscreen
- Walking Poles (optional)
- Midge Repellant
- Food & drink

* These items of kit will be carried by your guide and so are not essential, however it is best practice to always carry them with you in the hills.

NOTES:

i. We recommend that you wear 3-season walking boots (with stiff soles and good ankle support for our trips) as we often encounter rough ground with boggy sections.

ii. The best sized rucksacks for our trips are 35-45 litres. This gives you enough space to pack all of the above!

iii. Please bring at least 1 litre of liquid for the day and food that is easily consumed on the hill. Even in summer a flask with a hot drink can be a good idea and can provide a welcome boost on wetter days.

This equipment list is also applicable to our hill skills and navigation courses.

If you have any questions regarding any of the equipment necessary for our events then please don't hesitate to get in touch. Contact details can be found below. Please note that if you arrive for an event without the appropriate equipment and have not arranged for hire, it may be necessary to refuse to let you join the trip. Equipment is a really important part of being safe and comfortable on the hills.

KING MOUNTAINEERING | Guided hillwalking across the Scottish Highlands

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MOUNTAIN TRAINING ASSOCIATION