



CLOTHING AND KIT FOR HILL WALKING

BASE LAYER

WICKING TOP

To transport sweat away from the skin. Man-made materials like sports tops are good but cotton should be avoided as it soaks-up sweat. Short sleeves are fine if it's warm but long sleeves are better in cold weather. Merino wool is ideal – if you can afford it.

UNDERWEAR

Needs to be comfortable and it's best to avoid cotton if possible. Close fitting is better. In the winter long-johns or tight leggings may be required.

SOCKS

Some people find a thin pair under a thicker pair more comfortable. There are specialist walking socks available which are worth investing in. Avoid looped cotton if possible but wool is okay.



MID LAYER

HAT

Doesn't have to be worn but **MUST** always be carried. Caps are okay for summer but a warm hat should always be carried, especially in the winter. A beanie or skiing hat is ideal and a 'Buff' is also a very versatile bit of kit.

FLEECE

Doesn't have to be worn but **MUST** always be carried. Several thin layers are the best option and wool is fine but avoid big chunky sweaters and cotton hoodies. In winter conditions a lightweight down jacket or thicker fleece would be useful.

GLOVES

Thinner liner gloves will fit under other gloves and can be used on their own.

TROUSERS

Specialist walking trousers, or leggings are ideal but **NEVER JEANS!**



OUTER LAYER

WATERPROOF JACKET

Doesn't have to be worn but **MUST** always be carried and **MUST** have a hood. Coated nylon or membranes like Gortex™ are ideal as they help avoid excessive condensation building-up inside. Waterproofs are also windproof which is essential for warmth.

GLOVES

Warm outer gloves, preferably waterproof **MUST** always be carried in the winter. Ski gloves can be used and mitts are even warmer. In cold, wet weather and winter conditions several pairs of gloves are recommended.

OVER-TROUSERS

Should be waterproof and **MUST** be carried. In winter they are essential and usually worn. Salopettes can be used in winter but they must be waterproof.

GAITERS

Not essential but will help keep the dirt and wet out of your boots and off of your trousers. Highly recommended in the winter to keep the snow out. Gaiters should always be worn inside over-trousers.

BOOTS...



HILL BOOTS

BAD 'BOOTS'

Trainers or approach shoes are great for camp but no good on the hill – they have a shallow tread and the low cut means no ankle support and more chance of wet feet. Please don't bring these to walk in.



BETTER BOOTS

Sometimes referred to as B0, these fabric boots are good for easier routes – they have more tread and a high cut which provides ankle support and more chance of staying dry. However the sole is quite flat and they are very bendy which is not so good on very rocky ground and makes it almost impossible to fit crampons securely in winter conditions.



BEST BOOTS

Sometimes referred to as B1, these composite boots are ideal for the bigger routes and winter – they have a chunky tread and a high cut which provides ankle support and more chance of staying dry. The soles are much stiffer and have a good heel lug along with a tough leather outer layer and waterproof lining. They are also much more suitable for use with crampons in winter conditions.



ON YOUR BACK

FOR NAVIGATION

Map (in a case) and compass – if you have them.



FOR EMERGENCIES

Survival bag
Plastic whistle
Spare food



RUCKSACK & LINER

For summer about 25–30 litres and for winter about 35–40 litres. Always use a waterproof liner. Roll-top dry bags are ideal and quite cheap but bin bags are useless!

SUNGLASSES

Useful even in winter, especially if you don't have goggles.

HEAD TORCH (and spare batteries).

Very important in the winter when the days are much shorter.

PERSONAL FIRST AID KIT & ANY MEDICATION

Leaders will carry a comprehensive kit but carry some plasters, blister pads, lip balm etc. Don't forget your asthma inhaler or EPI pen if you need one.

PACKED LUNCH & WATER

Bottle or hydration bladder 1 litre minimum capacity (preferably more) plus a small flask for hot drinks, especially in winter (approx. 0.5 ltr)





THERE'S NO SUCH THING
AS BAD WEATHER...
ONLY BAD CLOTHING

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