

GEAR GUIDE

Basic kit advice for **hill walking** with Kent Scouts and Guides



BASE LAYER

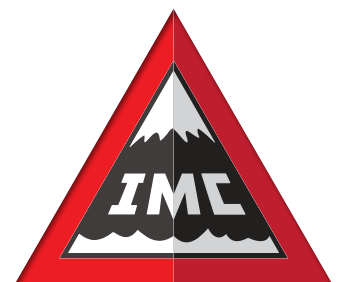
MID LAYER

OUTER LAYER

BOOTS

OTHER KIT

Click on the logo for the IMC website where you'll find more information and advice on hill walking and mountaineering as well as our events calendar



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BASE LAYER

The base layer, is the layer next to the skin so needs to be comfortable. A close fit is better and ideally it should be a 'technical' or man-made fabric to wick moisture (sweat) away from the body.

WICKING TOP

To transport sweat away from the skin. Man-made materials such as polypropylene are good but it's best to avoid cotton. Short sleeves are fine in summer but long sleeves are required in winter. 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 winter long-johns or tight leggings may be required.

SOCKS

Many people find a thin pair under a thicker pair more comfortable. There are specialist walking socks available which are worth investing in. Again, avoid plain cotton if possible.



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MID LAYER

The mid-layer(s) provides warmth. It can be one thick layer, or ideally, several thin layers for more versatility.

HAT

Doesn't have to be worn but **MUST** always be carried. A beanie or skiing hat is ideal. A 'Buff' is also a very useful and versatile bit of kit.

FLEECE(S)

Doesn't have to be worn but **MUST** always be carried. Several thin layers are the best option and wool is fine but avoid a big chunky sweater.

GLOVES

Don't have to be worn but should always be carried. 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**.

SOCKS

Many find a thin pair under a thicker pair more comfortable. There are specialist walking socks available which are worth investing in. Wool is also good.



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OUTER LAYER

The outer layer is the protective layer and is essential in winter conditions. It should be both windproof and waterproof.

WATERPROOF JACKET

Doesn't have to be worn but **MUST** always be carried. This jacket must also have a hood. Coated nylon or membranes such as Gortex™ are ideal as they allow the jacket to 'breathe' which helps avoid excessive condensation inside. Waterproofs are also windproof which is essential for warmth. Skiing jackets may be used but must be waterproof.

GLOVES

Warm outer gloves, preferably waterproof, don't have to be worn but **MUST** always be carried. Ski gloves can be used and mitts are even warmer. In winter several pairs of gloves (up to four) are recommended.

OVER-TROUSERS

Should be waterproof and **MUST** be carried. If you are also wearing gaiters then you should always wear over-trousers on the outside. Salopettes may also be used but must be waterproof.

GAITERS (optional)

These will keep the dirt, wet and snow out of your boots and off of your trousers.

BOOTS

See separate boots section



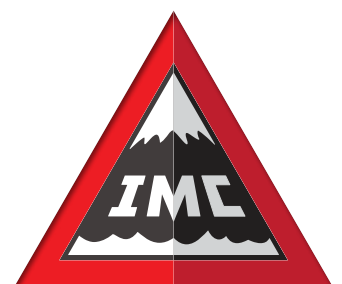
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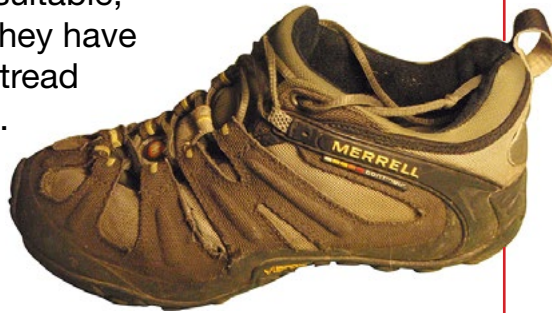
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BOOTS

Your choice of boots is essential for both comfort and safety. In winter conditions, your usual walking boots may not be sufficient to cope with the conditions or for fitting crampons.

These trainers are not suitable, especially for winter - they have no ankle support, little tread and are not waterproof.

Group Leaders may refuse to take you on the hills in footwear like this.



These boots look better, they have ankle support and more tread. They are good for summer walking but...

They are made of fabric, the sole is quite flat with no distinct heel lug and they are very bendy.

None of these features are good in the snow or for use with crampons.

These boots are often called B0 boots



These boots have ankle support and aggressive tread. They are quite stiff and have a good distinct heel lug. They are also made mostly of leather and have a waterproof lining. All much better features for snow and crampons.

These boots are often called B1 boots



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OTHER KIT

This is personal kit that you should carry on the hill in addition to the items of clothing already listed. Depending on the event you may require sleeping or camping equipment for instance, in which case an additional list will be provided by the event organisers.

ESSENTIALS

▲ RUCKSACK

For summer hill walking a 25 – 30 litre rucksack is ideal.
For winter hill walking a 30 – 40 litre rucksack is ideal.

▲ WATERPROOF LINER

Rucksacks are not totally waterproof so the contents should be in a water proof bag. A strong, heavy-duty bin bag will do the job but thin ones or carrier bags are not suitable.

▲ WATER BOTTLE or hydration system.

Absolute minimum of 1 litre, preferably more.

▲ PERSONAL FIRST AID KIT & MEDICATION

The group leader will carry a comprehensive First Aid kit but you should carry some plasters, blister patches, lip balm etc
Personal medication i.e. asthma inhalers and epi-pens must be carried on the hill and the group leader informed.

▲ HEAD TORCH

It gets dark early in the winter months so a torch is essential kit, preferably a head torch. Also suitable spare batteries.

▲ FLASK

If the weather isn't great a hot drink will be very welcome: tea, coffee, chocolate or even squash. A stainless steel flask is a better option in the hills and should be at least 0.5 litre.

FOR EMERGENCIES

▲ Plastic whistle ▲ Bivvy Bag ▲ Spare food

NICE TO HAVE

▲ Sunglasses ▲ Handkerchief ▲ Camera
▲ Map & Compass (if you have them). Maps are often provided.

SPECIALIST

All specialist equipment such as ice axes, crampons, shelters and ropes will be provided by the event organisers, depending on the activity. If you have your own, you may bring it but it will be subject to checking by the group leader. It may be rejected if deemed unsuitable.

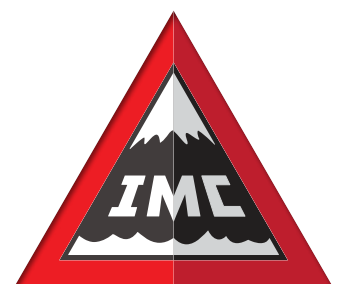
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