

Hillwalking kit checklist

Scotland, all seasons. Dress for the summit, not the car park.

Always carry

- ☐ Waterproof, windproof jacket with hood
- ☐ Waterproof over-trousers
- ☐ Base layer (wicking, not cotton)
- ☐ Fleece or insulated mid layer
- ☐ Spare warm layer (synthetic, dry bag)
- ☐ Hat and spare gloves
- ☐ Walking trousers (not jeans)
- ☐ Wool or synthetic socks, spare pair

Feet and legs

- ☐ Walking boots with ankle support
- ☐ Gaiters (optional, wet days)
- ☐ Thermal leggings (cold days)

Also in the pack

- ☐ Map, compass, charged phone
- ☐ Head torch and spare batteries
- ☐ Food, plus extra for emergencies
- ☐ Water and a hot drink in winter
- ☐ First aid kit and whistle
- ☐ Rucksack liner or dry bag

Before you leave

Check the summit forecast (MWIS and Cairnova Mountain Intelligence): wind, 900 m temperature, freezing level. Add a layer as you climb, before you get cold. Put your spare layer on when you stop.

Autumn: add

- ☐ Warmer hat and gloves
- ☐ Heavier spare jacket
- ☐ Fresh batteries in head torch
- ☐ Start earlier, daylight is short

Winter: add

- ☐ Second mid layer
- ☐ Extra hats and a spare pair of gloves
- ☐ Buff or neck gaiter
- ☐ Check snow and ice before you go
- ☐ Winter hills need winter skills and kit

Spring: remember

- ☐ Winter hat and gloves stay in the pack
- ☐ Snow and ice can last into May on high ground

Summer: add

- ☐ Sun hat and sun cream
- ☐ Midge head net and brimmed cap
- ☐ Cover arms and legs when you stop
- ☐ Still carry shell, warm layer, hat, gloves