

# Ben Nevis Recommended Kit List

You should have with you:

- A pair of well broken in boots providing adequate ankle Support.
- A waterproof jacket and trousers (preferably Goretex or equivalent).
- Extra warm clothing (fleeces etc).
- A hat & gloves.
- A small day sack for carrying clothing, packed lunch, water etc.
- Water containers with drinking tubes are strongly advised (Platypus, Camelbak design). Although these are not essential we recommend them, however any water container with a minimum capacity of 2 litres will suffice.
- Extra snacks e.g. boiled sweets, chocolate etc.
- Spare socks.
- Foot Powder.
- Sun hat and sun block.
- Insect repellent.
- Camera and film.
- A good sense of humour.

We advise that participants avoid wearing jeans or cotton trousers when on the mountain, nylon, polyester or polypropylene fabrics are more favourable for both comfort & insulation against the elements.