

Clothing/Equipment for Scottish Winter courses

- Water proof jacket
- Waterproof over trousers (Ensure you can put the over trousers on whilst wearing your boots. This means at least a knee length zip)
- Hats and/or balaclavas
- Gloves (at least 3 pairs)
- Thick/Walking socks
- Wicking base layer (This is worn next to the skin and should **not** be cotton)
- Mid layer (Worn between the base layer and your jacket, lightweight fleeces are ideal)
- Hiking trousers (Do not wear jeans or jogging bottoms)
- Whistle
- Orange Poly Survival bag (available for a couple of pounds)
- Rucksack (About 45 - 55 litres in size depending on how much stuff you want to carry)
- Rucksack liner (This is essential in winter weather. Rucksacks are not waterproof!)
- Personal Medicines
- Flask. A hot drink is essential in cold weather.
- Ice Axe (This should be a walking or mountaineering axe, not a technical climbing axe)
- Winter Boots (Able to take a crampon, if you are unsure of this, check with an outdoor store or give us a call/email. Such boots will be classed as B1 or B2, see notes over)
- Crampons (These should be compatible with and fit your boots, see next page)
- Spare Fleece
- Gaiters - essential items
- Snow Goggles (as used in Ski-ing) and sun glasses
- Sun cream
- Vaseline and/or lip balm!

Helmets

These will be provided for you by Seren Ventures.

Winter Boots

To support crampons and kicking steps in hard snow, winter boots need to be more rigid. Walking boots are classed as B0 (zero), B1, B2 or B3.

B0 boots do not support crampons and should not be used.

B1 or B2 boots will support crampons. Go for B1 boots if you think you'll be doing winter stuff now and again. Go for B2 boots if you think you'll be doing this every year.

Crampons

Crampons are similarly graded C1, C2 or C3.

C3 crampons are high end crampons aimed at steep winter climbing. You should go for a C1 or C2 crampon.

A B2 graded boot will support a C2 or C1 crampon

A B1 graded boot will only support a C1 crampon and not a C2 crampon.

We recommend you hire this equipment to test it out prior to purchase or alternatively buy your boots and crampons at the same outdoor specialist store and get the store to fit the crampons to the boot in the store. The crampons should follow the sole of the boot.

We also recommend anti-balling plates for your crampons. Most crampons now come with them as standard, but do check.

Ice Axes

An axe of 60/65cm is ideal.

A walking axe or technical axe is suitable.

A technical climbing axe is not suitable for this course.

If you are unsure of anything, please email us on queries@serenventures.com for our advice.

Equipment Hire

Ice axes, winter boots and crampons are available for hire in Fort William from;

Ellis Brigham 01397 706220

Nevis Sport 01397 704 921 or info@nevisport.com

Ice axes and crampons can also be hired from Seren at £10 per item for a 5 day course or £5 per item for 2 day courses, please notify us at least 3 weeks prior to the start of the course if you wish to hire them from us.

Note; All equipment must be ready for start of 2 day courses. The first morning of the 5 day courses will deal with this as part of the course.