

**OSPREY ADVENTURES LTD**  
**EQUIPMENT LIST FOR ASCENT OF BEN NEVIS (WALKING)**



**Please be aware that, to have the best chance of reaching the summit of Ben Nevis, you must be prepared for wet and cold conditions at any time of year, especially so in winter. Please do not hesitate to call us if you have any queries regarding equipment. We will not take on the mountain any person inadequately equipped**

**Items marked with (\*) are required for winter ascents only**

<u>ITEM</u>	<u>REMARKS</u>
<b>ESSENTIAL ITEMS</b>	<b>(Note: 'essential' means essential – you <u>must</u> have it.)</b>
Waterproof jacket	Preferably with attached hood. Gortex or similar fabric is ideal. Please do not confuse 'showerproof' with 'waterproof'.
Warm hat and gloves.	Gloves should be fairly thick and preferably waterproof. Have a spare pair if possible. <i>You need these in summer too!!</i>
Clothing Layers	Three or 4 layers of clothing (for upper body) which can be added or removed as conditions dictate. An ideal combination is T-shirt, thicker shirt or polo-neck, and fleece jacket. Having an additional couple of spare layers in your bag is a good idea too.
Trousers	Should allow freedom of movement and be quick-drying (ie not cotton).
Walking boots	Leather or good quality fabric boots are suitable.
Socks	Ideally a thick pair should be worn with a thin liner.
Rucsac (30 litres min)	To carry waterproofs, lunch, camera etc. To keep contents dry, line rucsac with a plastic bag eg bin liner, or wrap contents in carrier bags.
Filled drinks container.	Eg thermos flask, Camelback or sports bottle as preferred. Hot drink advisable at any time of year. Drinking tubes can freeze up in winter.
Packed lunch	Should be reasonably substantial.
Spare food	A couple of muesli or chocolate bars to keep in your pack.
Torch	A headtorch is ideal.
Goggles *	For keeping spindrift out of your eyes. Sunglasses with large lenses offer some protection if goggles not available.
Ice axe and crampons*	Can be hired from us at £10 per set per day.

## OPTIONAL ITEMS

Waterproof trousers	Essential in winter
Gaiters	
Scarf or buff	
Trekking poles	
Map case, compass, GPS	No navigational ability required, but skills can be practised if you wish.
First aid/medical items	First Aid kit carried by leader, but please take any personal items, including medication, you might need.
Blister treatment	Eg 'Compeed' – just in case.
Camera & film	