



Summer ML Kit List

PERSONAL

- ML Logbook - filled in
- Boots
- Helmet*
- Waterproof jacket
- Waterproof trousers
- Sun hat
- Warm hat
- Gloves
- Gaiters
- Trainers river crossing
- Flask
- Water bottle
- Sun glasses & sunscreen – fingers crossed!
- Penknife
- Pencil & notepad
- Toiletries – medications as needed
- Liquid soap**
- Spare clothes

EQUIPMENT

- Day sack
- Expedition sack big enough for overnight camp
- Dry bags or rucksack liner
- Walking poles if you use them
- Waterproof stuff sacks

NAVIGATION

- Compass – recommend a Silva Type 4
- OS map sheet 41 Ben Nevis & Glen Coe***
- Map case – Recommend Ortleib A5 Ortleib
- GPS if you have one
- Stop watch

SAFETY

- Personal first aid kit – blisters etc
- Head torch
- Batteries for torch
- Orange survival bag
- Group shelter / bothy bag*

CAMPING

- Tent**
- Sleeping bag
- Thermarest / sleeping mat
- Stove**
- Fuel for stove**
- Lighter / matches**
- Pot**
- Spoon
- Trowel**

* We will supply, but if you have your own please feel free to bring it.

**This kit is usually shared between each tent group. To reduce environmental impact we encourage candidates to share tents.

***Please also bring along a Harvey 1: 40 000 of the Glen Coe area.