

Kitlist: Scrambling

Personal Clothing:

(Man-made fibres – not cotton)

- Trousers
- Base layer (I often take a spare one to change into after sweaty ascents)
- Fleece/softshell mid layer: a hood works well with temperature regulation
- Spare layer: some form of lightweight packable insulation, such as very lightweight belay jacket. (Down is warmer and lighter but useless when wet. Synthetic is bulkier but more UK-friendly)
- Waterproof jacket and trousers: lightweight, breathable and tough
- Boots vs approach shoes: I will generally wear approach shoes when dry and predominantly on rock. I prefer boots for colder and wetter days and on scree. Approach shoes' sole units are grippier on rock but poor on wet grass. Boots must be good quality, light-medium weight, with a decent tread, well-fitted and previously used. A stiffer sole helps with "edging" and "smearing" whilst scrambling. Approach shoes should have a protective rand and not be just trainers or running shoes
- Hat: ensure it will sit comfortably under a helmet (i.e. no bobble) and not restrict your vision
- Gloves: I like a tight-fitting, lightweight leather set for dexterity when climbing or handling ropes, but I expect them to get trashed quickly. I also like to take a spare insulated and waterproof pair for warmth, usually worn on the descent. I recommend the following pairs:
 - https://www.safetygloves.co.uk/CW300S.html?gad_source=1&gclid=Cj0KCQjwir2xBhC_ARIsAMTXk85asKaD1cWRGGzphhhkuk39XRkT8Sk9KAmGJNbQalixYrsjVQ7ssPcaAvTtEALw_wcB
 - <https://www.safetygloves.co.uk/ejendals-tegera-297-insulated-waterproof-work-gloves.html>

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Personal Equipment:

- Backpack: 25-35 litres is a good size and totally manageable if you pack efficiently and light. A climbing design (with no back system or side pockets) is easier to climb with, especially if wearing a helmet. When packing, ensure there is space for your harness and helmet
- Drybags for items inside rucksack – helps waterproof and organise contents in your sack. FAR better than a waterproof cover
- Headtorch: new batteries, no spares. One battery reversed inside to prevent accidental use
- Walking poles: very useful. Best are those that pack down small enough to go inside your backpack. Long poles protruding from packs are awkward to move with, especially when you are roped
- Water: 2 litres max (foolproof bottles are better than bladders and easier to refill)
- Food: packed lunch, snacks, etc
- Any personal medication required (ensure this is noted on your medical and consent form)

Guide will bring:

- Any required ropes, PPE and climbing equipment (if required)
- Compass, map and whistle
- Small first aid kit
- Group shelter

In the interests of your own personal safety and well-being, Dubh Mor reserves the right to refuse to take participants on the hill if their personal clothing is considered unsuitable and potentially dangerous. Should you have any queries regarding the suitability of your kit, please contact us prior to booking – we are happy to help and always eager to talk about kit!