



## Scrambling Kit List

### To Wear

- Thermal wicking base layer – not cotton
- Polyester, fleece or woolen trousers and tops
- Stiff walking boots and possibly gaiters

### Personal Items

- Map (OS sheet 41) in a waterproof case and compass
- Harness with adjustable leg loops and helmet
- Torch, preferably a head torch
- Hat and waterproof gloves plus spares
- Spare fleece or primaloft top
- Waterproof jacket and trousers with side zips
- Flask or water bottle
- Lunch plus spare food
- Emergency survival bag (6' by 3' orange poly bag)
- Rucksack (45ltrs) and liner
- Whistle
- Sunglasses and sun-cream

### Group Items Supplied By Abacus Mountain Guides

- First aid kit
- Group Shelter
- Ropes and climbing hardware

