



## **Ben Nevis Kit List** \*For winter ascent see below\*

### **Equipment supplied by Vertical Fever**

All group safety equipment  
Group shelter  
First aid kit

### **Clothing**

Wicking base layers  
Thick socks  
Warm windproof trousers, softshell or polyester  
Thin fleece  
Thick fleece or synthetic insulated mid-layer  
Waterproof Jacket and trousers ideally with boot zips  
Warm hat and gloves

### **Equipment**

Walking boots (Minimum B2 / stiff if snow is on the ground)  
Sunglasses and sun cream – yes it can be sunny in Scotland!  
Rucksack - around 30 litres  
Small flask or 1ltr drinks bottle  
Food for lunch  
Head torch  
Whistle  
Gaiters (optional)  
Walking poles (optional)  
Compass and map (optional)

### **\*Winter\***

If there is snow on the ground please be aware that you will require stiffer boots and crampons. You may also be advised to bring a walking ice axe. All these items can be hired from Cotswold Outdoors in Fort William for around £12 per person/per day. If you would like to buy your own please use the Vertical Fever discount code included with your booking confirmation.



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