



"YOU CAN'T PREPARE FOR EVERYTHING, BUT YOU CAN PREPARE FOR ANYTHING."

BEN NEVIS CLIMB & SKILL KIT LIST

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We get it... it can be quite daunting when looking at the kit requirements for a trip like this. The good news is if you're an outdoor enthusiast or have skied before then you're likely to have quite a lot of this kit already. If not it might seem like an investment at first but once you've got the kit your set for other popular mountain routes like Gran Paradiso, Mont Blanc, Matterhorn, the Eiger and the Monte Rosa Spaghetti Tour.

Below is a list of our recommended kit for your trip.

KEY CLOTHING ITEMS

Summary:

- **Hard-shell Waterproof shell jacket (GORE-TEX or similar)**
- **Down or Synthetic warm jacket**
- **Mid layers (fleece or similar)**
- **Base layer top long sleeve x2**
- **Cotton T-shirt x1**
- **Warm hat**
- **Sun hat**
- **Buff**
- **Sunglasses (Cat. 4 ideally with side covers)**
- **Ski goggles**
- **Hard-shell Waterproof shell pants (GORE-TEX or similar)**
- **Soft-shell Mountaineering / trekking trousers**
- **Base layer leggings**
- **B1 boots**
- **Warm socks (Merino wool is ideal)**

- **Thin softshell gloves**
- **Thick warm gloves**
- **Travel clothes**
- **Credit card / cash for personal expenses**
- **Water bottles × 2**
- **Thermal flask**
- **Toiletries**
- **Personal first aid kit**
- **Mobile phone**
- **Snacks (bars, gels, dried fruit)**
- **Dry Bag**
- **Mountaineering backpack (30-35L)**
- **Ice axe**
- **Crampons (C1)**
- **Climbing helmet**

TOPS

- **Hard-shell Waterproof shell jacket (GORE-TEX or similar)**

A hardshell jacket of Gore-Tex, or similar standard, is one of your key pieces of kit. Make sure it's big enough to put over multiple layers and that it comes with a hood. You'll use this if the weather becomes a little wild and you need protection from wind and rain. Something like: The 'Hodr', 'Grim' or 'Odin' Jottnar hardshell jacket.

- **Down or Synthetic warm jacket**

A warm jacket is essential for staying comfortable in cold alpine conditions. Whether you choose down or synthetic insulation, make sure it provides excellent warmth without being too bulky. Look for a jacket that fits comfortably over your layers and includes a hood for added warmth. Something like: The 'Thorsen' Jottnar Lightweight Down Jacket

- **Mid layers (fleece or similar)**

There are a few options here depending on your preferences but this layer needs to be a warm thick fleece, a softshell or a light down jacket. This is one of your key insulating layers so something comfortable and technical is recommended. Something like: The 'Asger' or 'Floyen' jackets from Jottnar are ideal.

- **Base layer tops long sleeve x2**

Some long sleeve lightweight mid layers are required as they will be the second piece of your layering system. Something like: The 'Svend' or 'Tyer' from Jottnar.

- **Cotton T-Shirts x1**

It's nice to change into a comfortable cotton t-shirt to relax in at the hut so you can dry out your sweaty base layer from the day!

BOTTOMS

- **Hard-shell Waterproof shell pants (GORE-TEX or similar)**

Hardshell trousers of Gore-Tex, or similar standard, are required for this trip. Ideally they come with side zips to provide a little more ventilation when you're working hard. Something Like: The 'Valdyr' from Jottnar works well.

- **Soft-shell Mountaineering / trekking pants**

This is the trouser you will spend a lot of your time in so make sure it's comfortable. Something like: The 'Valen' from Jottnar is ideal.

- **Base layer leggings**

Make sure you've got some full leg, lightweight leggings will keep you warm and toasty.

HEAD GEAR

You'll need a sun cap, a warm hat that covers your ears and a buff or balaclava. The idea should be that if needed, you can cover your whole face.

- **Warm hat**
- **Sun hat**
- **Buff**

EYEWEAR

You'll need sunglasses with Cat. 4 sunglasses (ideally glacier glasses with side shields), that provide 100% UV protection. We recommend VALLON Heron Glacier sunglasses. You'll also need some goggles (ski goggles are ideal), that can be easily thrown on if it's windy. We recommend VALLON's Freebirds™ goggles.

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- **Sunglasses (Cat. 4 ideally with side covers)**
- **Ski goggles**

HAND GEAR

You will need a thin softshell glove that provide protection in the cooler temperatures and when on the glacier and a thick warm glove (Like expedition shell gloves) that are ideally Gore-Tex and have a removable inner glove.

- **Thin softshell gloves**
- **Thick warm waterproof gloves**

PACKS

We recommend a 30-40 litres pack but it all depends on how you light to pack and what you like to bring. It should be large enough to carry all your equipment up to the huts where you can remove certain items before summit days. Something like: The Osprey Mutant 38 Litre

- **Mountaineering backpack (40L)**

TRAVEL ITEMS

- **Travel clothes**
- **Credit card / cash for personal expenses**

GEAR / EXTRAS

- **Water bottles x 2**
- **Thermal flask**
- **Toiletries**
- **Personal first aid kit**
- **Mobile phone**
- **Snacks (bars, gels, dried fruit)**
- **Dry Bag**

FOOTWEAR

- **B1 BOOTS**

These need to be an all round 4 season walking boot which are stiffly constructed for winter hill walking and scrambles. These are only compatible with C1 'Strap on' crampons and the combination would be more than adequate for winter fell walking. (B2 Boots are also ok for a trip like this)

To learn more about the correct footwear, check out our 'Let's talk about mountaineering boots' article.

- **Warm socks (Merino wool is ideal)**

ICE AXE (CAN BE INCLUDED ON REQUEST)

You will need one standard mountaineering ice axe with or without a strap. Something like: The Black Diamond 'Raven' Ice Axe.

CRAMPONS (CAN BE INCLUDED ON REQUEST)

You will need some C1 mountaineering crampons with anti-balling plates. Something like: The Black Diamond 'Serac' crampons.

CLIMBING HELMET (CAN BE INCLUDED ON REQUEST)

While it's highly unlikely anything will fall on you, a head injury can occur. Taking every precaution in a remote environment is important which is why you will need a lightweight climbing helmet. Something like: The Black Diamond 'Vision' Helmet would work well.