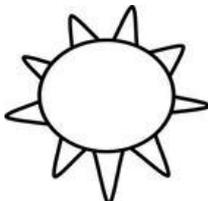


Ben Nevis by Night Kit List

Taking the right equipment for your challenge is very important so just get in touch with any questions - we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it, but **BEING PREPARED IS VITAL**.

<p>Weather Conditions</p> <p>Like all mountains, the weather can be unpredictable and you should be prepared for a wide range of temperatures. We could be exposed to strong winds, fog, rain, hail or storms, and the weather often changes within minutes. You need good quality kit to keep you warm and dry. The summit sees more than twice the amount of rainfall as Fort William, and in the summer patches of frozen snow remain.</p> <p>Even in good weather, conditions at the foot of Ben Nevis are unlikely to be the same at the summit. On average, the summit is 9°C cooler - which at night is very cold, often below freezing. Windchill adds to this; average windspeed in June is 21mph (18 knots), though it can be considerably higher.</p>	 <p>Average min/max Temp 8 - -2°C</p>	 <p>Average Rainfall 39 - 77mm</p>
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ON TREK

✓	ESSENTIAL Trekking Kit & Clothing	<i>We can't stress enough that you have good quality clothing - it can have a huge impact on how much you enjoy the trek, and whether you are able to complete your challenge. Remember that you will be trekking whatever the weather. Test your kit out in all weather conditions during training, so you have full confidence in it.</i>
	Walking boots	With firm ankle support for uneven ground. Must be well worn in so they are comfortable; ensure the sole pattern provides plenty of grip on rocky ground and is not too worn. Ensure they are waterproofed.
	Walking socks	Spare pair recommended if your feet get wet; damp socks can cause blisters. Ensure they wick well, and are the right fit for your boots. Liner socks can make a difference - ensure you have tried out different combinations of socks while training, so you have the perfect fit in time
	Wicking base layers	Base layers made from wicking material are essential in regulating your body temperature; avoid cotton as it absorbs sweat and will make you cold. A thermal layer is highly recommended
	Insulating mid-layer(s)	Warm long-sleeved layer (eg light fleece). Thinner layers trap warmth and are more effective and versatile than wearing one thick top. You may need to add and remove layers several times as you ascend and descend
	Outer fleece / thermal jacket	Good quality outer layer. Down jackets are warm but best for dry conditions, so if you bring one ensure your waterproof fits over it.
	Waterproof windproof jacket	Good quality (eg gore-tex) essential. Material should be breathable and seam-sealed. It must keep you dry in heavy rain, not just showers - test it while training. Ensure jacket has hi-vis reflective strips.
	Waterproof over-trousers	Good quality (eg gore-tex) essential, as above. Protects your socks from rain, which helps prevent blisters
	Trek trousers	Good quality and warm
	Thermal leggings	Useful extra layer if you feel the cold, or to carry as spares
	Warm hat and full-fingered gloves or mitts	Useful as you climb higher
	Small day-sack	To carry camera, spare layers, waterproofs, first aid kit, snacks and anything else you need for the day. At least 25-30 litre capacity, adjustable shoulder-straps and hip belt essential. Most have compartments for hydration bladders (below). Ensure it has hi-vis reflective strips
	Large strong plastic bags / dry-bags	To keep contents of your day-sack dry. A waterproof rucksack cover keeps your day-sack dry, though persistent rain can still get in
	Water bottle(s) / hydration bladder	Should be able to carry min 2 litres. A bladder (eg platypus) allows you to drink easily and regularly without stopping and is highly recommended - ensure a compatible fit with your day-pack
	Trekking poles	Highly recommended. Invaluable on steep and uneven ground, especially on descent, and extra support and stability in dark. Reduces impact on your knees considerably. Use them when training to get used to them

	Head-torch	Essential; ensure beam is strong. Spare battery recommended
	Liquid handwash (waterless)	Small bottle for easy hygienic hand-washing
	Toilet paper / wet wipes + plastic bags	There won't be toilets on the actual mountain. Bags for disposal en-route; fragranced nappy bags are best
	Whistle	For safety reasons if you become separated
	Snacks (eg cereal bars / dextrose tablets/ dried fruit packs / jelly babies)	Extra sources of energy are highly recommended. Bring your personal favourites to motivate you, but don't weigh your bag down too much
	Camera / phone	With battery fully charged

✓	Small Personal First Aid Kit	<i>Should be carried in your day-sack; everyone is different so judge what to trek with and what can be left in your main luggage</i>
	Regular medication	Anything you take regularly or while exercising
	Lip balm / moisturiser	Mountain air can make skin dry
	Painkillers	e.g. ibuprofen, paracetamol
	Plasters and blister dressing	Zinc oxide tape and dressings recommended for covering hot spots and blisters - compeed works well afterwards but not recommended while still trekking
	Rehydration sachets	e.g. dioralyte
	Talcum powder / vaseline	Can help with blister prevention - experiment at home while training

NON-TREKKING

✓	General Clothing & Equipment	
	Complete change of clothes Trainers / spare footwear	To change into back at base for travelling home
	Wash kit (eg toothbrush, etc)	Opportunity to freshen up at the end
	Muscle rub	e.g. deep heat, radian B
	Kitbag / holdall for main luggage	Stays at 'base;' you will not be able to access it during the trek

✓	Documents & Money	
	Money	You will not need much cash; there are cash-point machines in Fort William
	Credit Card	Always carry a credit card in case of emergencies
	Travel Insurance Documentation	If you have taken out insurance

Notes on Kit:

- Do not under-estimate the mountain because the mountain is in the UK! Ensure that everything you carry is of appropriate quality - this may make the difference between reaching your goal and not, and will certainly impact on how much you enjoy your challenge.
- Remember you have to carry everything you may need on the mountain, so invest in a well-fitting day-sack. If you do not have a suitable bag to leave at base, see the [Discover Adventure kitbag](#).
- Ensure you carry spare layers on the mountain, but leave a complete set of clothes at base in case you are wet and cold at the end. Spare layers that are carried with you and not protected adequately from inclement weather will be of little help when you need to change at the end
- As a general rule, avoid travelling with anything valuable or irreplaceable