

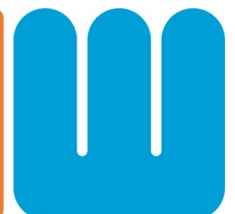
# Munro Challenge 2024 Kit Checklist

Mountaineering Scotland have a recommended kit list for climbing in the summer months. It is essential that participants have suitable kit when undertaking the challenge.

Conditions may change throughout the day, it is essential that all participants are prepared for this.

- Rucksack -about 35 litres
- Boots (with ankle support and soles which will grip on rock, grass and mud)
- Waterproof jacket (with hood)
- Waterproof over trousers
- General trekking trousers (not jeans or cotton material)
- Thermal top
- Fleece top
- Gaiters (not always essential)
- Warm hat
- Gloves or mitts
- Spare layer e.g. fleece top
- Compass
- Map (waterproof or in waterproof case)
- Watch
- Torch (preferably a head torch)
- Food & Drink
- Emergency survival bag (polythene is OK and Group Shelter)
- Whistle
- First Aid Kit (small)
- Mobile phone
- Sunhat
- Sun cream
- Sunglasses
- Midge repellent
- Midge net

Please [click here](#) to visit the Mountaineering Scotland website for further information.



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