



Light Up Ben Nevis Kit List

The weather on Ben Nevis can change in a matter of minutes. Rain is common and it can regularly feel as cold as -10°C on the summit, even in September. Make sure you are ready for the ascent by packing the items on the list below.

To Wear

Thermal base layer top – polyester or woollen, no cotton
Warm fleece
Walking trousers – no jeans
Spare fleece or synthetic insulating layer
Waterproof jacket with a hood, and trousers
Warm hat and gloves (spare gloves recommended)
Walking boots – three season with ankle support

Other equipment

Rucksack – roughly 25 litres
Food and snacks
1 litre flask or water bottle
Whistle
Walking poles (recommended but not essential)
Mobile phone in a waterproof case
Camera
Headtorch with new batteries (and consider taking spare batteries)

