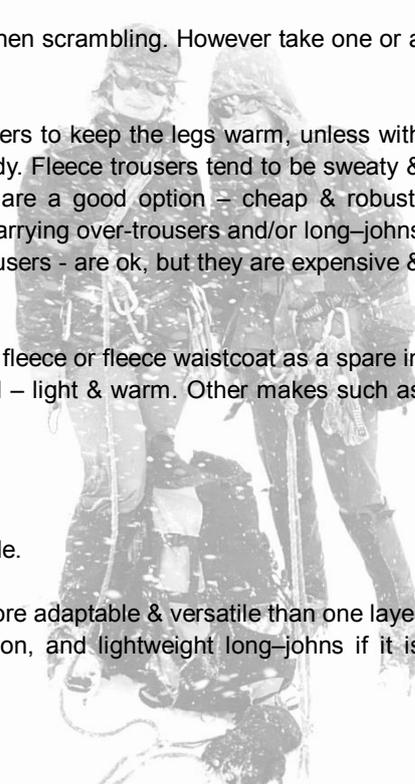


SKYE CUILLIN

SUGGESTED KIT LIST

This list contains suggestions – especially for clothing – if you have been wearing an old woolly jumper for the last 10 years & it has done the job on cold & wet Scottish mountain days, then keep on using it! The list does take into account the possibility of late 'Spring snow' on the tops, especially in early May.

- **Footwear** - A pair of boots suitable for Scottish Spring mountaineering have up to a three-quarter shank; meaning that the boots bend a bit when scrambling. They should offer good support & protection around the ankles. Really, any good quality leather or fabric boot with a reasonable sole would do. Eg Scarpa 'Mantas' & Sportiva 'mid-range' boots – all the way to Brasher 'Hillmasters' or good 'fell-boots'. The most important consideration is that they should be **VERY** comfortable on your feet, & 'broken in'. 'Approach shoes' are OK, but your ankles need to be strong, and your feet could get wet, especially if snowfields have to be traversed early in the Spring.
- **Gaiters** – Not really needed for the Cuillin. But it does get a bit boggy on Skye. Sometimes gaiters are useful for keeping stones out of the top of your boots. If you have a lightweight pair then bring them. Useful if there is any snow around in the early Spring.
- **Rucsac** – At least 45 litres. Preferably without side pockets - they get caught on rock when scrambling. Ice-axe attachment is not needed. Rucsac liner – heavy duty bin liner or fertiliser bag is fine. Better is an Exped™ rucsac liner bag. Rucsac should be big enough to carry x2-1 litre water-bottles; waterproofs (top & bottom); spare lightweight fleece or windproof; packed lunch & 'hill-food' – Snicker/Mars bars, flapjacks etc; harness, helmet, spare gloves & hat, personal first aid kit; camera; mobile 'phone.
- **Waterproofs** – Goretex or similar breathable fabric top & bottom. A lightweight windproof is a good idea if dry – & keeps the showers out. Modern lightweight Goretex jackets & trousers are very good, but fragile so take care.
- **Gloves** – A pair of fleece gloves in case it is cold. A spare pair of gloves in case the others get wet. Fleece gloves can wear out very quickly on gabbro if they are worn all the time. If it is dry a pair of yellow cotton gardening or work gloves work well – the ones with criss-cross rubber grips, about £4 a pair.
- **Hat** – A warm fleece hat is important.
- **Ski-stick** or sticks – Not need when on the Ridge as they get in the way when scrambling. However take one or a couple if you need for knee support on descents.
- **Trousers** – Do not rely fully on Rohan Bags or similar light Trekking trousers to keep the legs warm, unless with long-johns or whilst carrying a water/wind proof shell if it gets wet/cold/windy. Fleece trousers tend to be sweaty & are not wind-proof. Troll 'Rockstars' – a bit like 'Ron Hills' but heavier, are a good option – cheap & robust. Tracksuit bottoms are fine, even as thin as 'Ron Hills', as long as you are carrying over-trousers and/or long-johns as well. Expensive 'Alpine' trousers eg. Mammut, Patagonia or Scholler trousers - are ok, but they are expensive & might be holed in few days of days on gabbro.
- **Top** – A 200gm fleece top, with a good neck closure. Perhaps a lightweight fleece or fleece waistcoat as a spare in the rucsac. Rab 'Generator' Pertex outer & polyester insulated vest is good – light & warm. Other makes such as Patagonia & Marmot make these.
- **A pair of shorts** – It can get hot on Skye!
- **Sunhat and sun-cream** – on a hot day on the Ridge there is very little shade.
- **Thermal layers** – Absorbs, wicks sweat & dries quickly. 'Layering' I find more adaptable & versatile than one layer 'Buffalo' systems. Long sleeved thermal top with a deep zip for ventilation, and lightweight long-johns if it is forecast to be cold.



- **Food & drink** – High energy things like flapjack's/Snickers/Mars/Kendal Mintcake/Dextrosol bars, as well as sandwiches. A good 'Full Scottish' breakfast is recommended. Make sure you come with a good supply of 'hill food'. There is a 24 hour garage shop in Broadford, & a shop in Carbost which is open from 10.00 to 4pm, usually. Important to keep energy levels topped up during the day with snacks carried in pockets. Skye days can be long & physically quite demanding, so keeping your body's energy stores topped up during the day is very important.
- **Harness/helmet** – We supply a harness & helmet if you do not have your own, and if we need them.
- **Personal first aid & spares kit** – Spare contact lenses, 'wetwipes', spare bootlace, batteries for digital cameras, spare lighter, cash, 'Compeed' blister kits, midge cream etc. – in a waterproof container or bag. (see Exped™ bags below).
- **Map & compass** – Winky will carry a Harveys map & compass. The compass does work now & then on the Cuillin, but navigation in mist is usually 95% previous knowledge of the route.
- **Emergency kit** – We will carry a 'group shelter' big enough for four people, also a first aid kit, & mobile phone. We should all have spare food or an emergency bar of Kendal Mintcake (or something sweet & sugary you are unlikely to eat except in a dire emergency).
- **Water bottles** – I take a one litre Nalgene bottle, and a half litre bottle of Highland Spring or similar water. For Munro or Scrambling days, take at least 1 litre, with perhaps a half litre 'spare' bottle. Take more liquid if you know you get thirsty in the hills. On a dry warm day there will be no access to water on the 'Ridge until we descend a few hundred metres. A 'Camelback™' or similar if you prefer, but take a half litre 'spare' bottle in case you run out or the bladder leaks!
- **Plastic Bags/Exped™ bags** – Or stuff bags – very useful for organising gear in the rucsac, carrying sandwiches. Plastic 'Tupperware' style sandwich boxes are not allowed as they are too heavy! 'Exped™' roll-fastening bags are very good, waterproof & lots of different sizes & colours for organising stuff in the rucsac.
- **Insurance** – it is your decision whether to take out Insurance for the five days. Unlike in the Alps, Insurance is not necessary for Rescue or Medical expenses.
- **Camera** & camera bag, spare batteries & memory cards. Back up your 'phone contents if you use one for taking pictures!

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