

### The Cuillins of Skye Kit List

E= essential A=advised U=Useful if you have it  
 # applies only if planning to bivi on the ridge traverse  
 \$ applies only if camping in the valley

If you're in Ambleside and need to buy any kit, try The Climbers Shop in Compston Road, where you'll get a 10% discount if you mention that you are my client.

ITEM	NOTES	E or A or U
valley food		E
hill food		E
tent \$		E
stove & billies & lighter # \$		E
bivi bag or plastic MSPB	Eg Rab Survival Zone	A
karrimat or thermarest # \$		E
sleeping bag # \$		E
ear plugs # \$	very useful if camping in windy weather	A
hand gel #		A
water purifier #		U
two/three pairs thick socks		E
walking boots	eg La Sportiva Trango	E
fell shoes/approach shoes		A
gaiters	eg Mountain Equipment Scree	A
waterproof jacket	with a good hood that fits over a helmet	E
waterproof trousers	with leg zips – check you can put them on over your boots	E
clothing	three warm layers for top eg thermal vest, thin fleece, thick fleece; warm trousers or thermal bottoms and tracksuit (no jeans); gloves & warm hat; shorts or lightweight trousers; thin layers on top; fleece; sun hat	E
crampons & ice axe	useful if there is late season snow – please ask	U
climbing helmet		E
climbing harness		E
rock boots & chalk bag		E
480cm sling, HMS krab & belay plate		E
rack of climbing gear #	Only if you want to do some lead climbing. We can provide a rack, but this blog post shows what to buy if you want to get your own: <a href="#">Build your first climbing rack</a>	U
flask		A
water bottle	eg Nalgene 1-1.5 litre	E
sun hat and sun cream		E
midge repellent & net		E
rucksack	45-55 litre eg Crux AK47 or Osprey Mutant 38	E
day sack	20-30 litre	A
dry bags or strong plastic bags	Exped is a good make	E
small personal first aid kit	Including Compeed or other blister treatment	A
group shelter		U
compass	Silva Type 4 is the best	E
maps	Harvey's 1:25000/1:12500 map of the Cuillins	E
map case	Ortlieb best	E
digital watch		E
headtorch with spare batteries	Eg Petzl Tikka or Actik Core	E
Altimeter and/or GPS		U

ITEM	NOTES	E or A or U
30m walking rope		U
camera		U
mobile phone		A