



## Skye ridge traverse kit list

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- 1) Harness\*
- 2) Helmet\*
- 3) Lightweight stiff soled mountain boots (eg Scarpa Evo GTX) or Fell Running Shoes
- 4) Rucksac approx 50 litre (no more)\*
- 5) Base Layer (non-cotton)
- 6) Fleece
- 7) Warm Hat
- 8) Long Trousers (non-cotton)
- 9) Waterproof Jacket - Lightweight
- 10) Waterproof Trousers - Lightweight
- 11) Sleeping Bag – light and warm
- 12)  $\frac{3}{4}$  length sleeping mat – e.g. 'thermarest'
- 13) Bivi Bag – gore-tex or pertex
- 14) Headtorch\* - lightweight such as 'Petzl e-lite'
- 15) Personal first aid kit and medication\*\*
- 16) 2 days food (basic evening meal provided on bivi) – light and high carb. e.g. malt loaves, energy gel shots, energy bars, nuts and raisins, bananas (day 1 only), isotonic sports drink, sandwiches. No tins!
- 17) Water Bottles (Enough to carry 4 Litres)

\* These items can be provided if required

\*\* A full first aid kit will be provided by the instructor. Please note that personal items such as plasters, inhalers etc. are not included in this kit.

For multi-pitch day climbs a light approach is best. If in doubt bring equipment along and bags can be repacked with excess kit being left in the vehicle.

If you own any technical equipment it is best to use this as it will be good to practice with what you will be using in the future and to discuss its merits/weaknesses. However, do not rush out and buy lots of new kit before a course as part of a course can be dedicated to advice on the best equipment to purchase in the future.