



Cuillin Traverse Kit List

The following list is provided to help make sure you have everything that you need for your attempt on the traverse of the Cuillin ridge with Climb-Mountains. The weather and conditions change very quickly in the mountains. You must come prepared for wet and/or windy weather even in the height of summer

Personal Equipment

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|---------------------|---|
| Waterproof jacket | Should have an attached hood with drawcord that fully encloses the face when done up. |
| Waterproof trousers | These don't need to be super expensive but should be fully waterproof and capable of being put on and taken off over the top of walking boots. |
| Footwear | We recommend a stiff soled walking boot with good ankle support. In my experience a good leather boot will remain waterproof far longer than a fabric boot with a waterproof membrane liner. If you can afford it there are some good scrambling specific boots that have a stickier sole than general walking boots. Approach shoes with sticky rubber sole are lighter and allow greater flexibility. However we only recommend these for folk who already use such footwear in the mountains. The Cuillin ridge is not the place to experiment only to discover that your ankles need the support of a boot. |
| Hat | A warm hat is a good idea at any time of year. |
| Gloves | Like the hat they weigh virtually nothing so always worth having a pair coz when you need them you will be very glad you brought them. If the forecast is bad bring several pairs |
| Rucksack | 30 litres minimum. Large enough to pack all your clothing, waterproofs and packed lunch, harness and helmet and a share of the group kit such as ropes and climbing hardware. Not only does it look very un-cool to have everything hanging off the outside of a small bag but things like helmets can easily be damaged. |
| Rucksack Liner | A waterproof rucksack liner to keep the contents of your sack dry during bad weather. |
| Clothing layers | Make sure you have sufficient to keep you warm for the prevailing weather forecast. Far better to have one layer too many than find you have too little to keep warm. Avoid cotton clothing and go for fleece and synthetic materials that wick moisture from the skin and are still warm when wet. |
| Water bottle | 1 litre minimum in a plastic bottle. |
| Packed Lunch | Traversing the ridge is hungry work! Bring more than usual. |
| Blister kit | Especially if you know you are prone to them |
| Harness | Any modern climbing harness will do as long as it is in good |

Helmet	condition and fits you well Modern helmets are so light there is no reason not to wear one.
Belay Device	a friction device that the rope runs through for holding another climber.

NOTE: We can supply harness, helmet and belay device for you at no extra charge if you let us know in advance. Please fill out the appropriate section on the online booking form.

Extras

Camera	For those lasting memories. I try to take photos of most of the courses I run but you may still like to bring your own camera.
Sunscreen	Essential during the hot sunny periods that do happen every year
Midge Repellant	Also essential from May till late Autumn

2 day Traverse with bivi

If you are attempting the ridge over 2 days with a bivi you will need all of the above kit plus the following additional kit.

Sleeping bag	A lightweight down or synthetic bag that packs down small in waterproof stuff sac
Bivi Bag	A waterproof, breathable bivi bag made of gortex or similar fabric
Sleeping Mat	A lightweight mat such as a ¾ length karrimat or thermarest is best.
Larger Rucksack	A rucksack large enough to fit all the additional kit above plus extra drinking water
Headtorch	
Plastic Mug & Spoon	

Keeping weight to a minimum is critical to the success and enjoyment of a traverse attempt. Once you have booked I will discuss in more detail in with you what you should wear and bring. It is best to bring additional (extra warm clothing, lightweight waterproofs etc) kit if you have it so the final choice on kit can be made just prior to your traverse when an up to date weather forecast has been obtained.

Equipment Advice

Please get in touch if you are unsure about any of the above or you want advice buying or selecting kit before your course. We are only too happy to help.