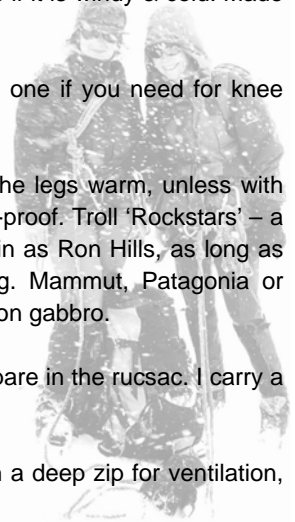


**SKYE CUILLIN**

**SUGGESTED KIT LIST FOR THE CUILLIN TRAVERSE & MUNRO'S**

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'. 'All Terrain' shoes or Walsh fell-running trainers are not recommended, unless your ankles are very strong.
- **Gaiters** – Not really needed for the Cuillin. It does get a bit boggy on the walk to Gars–Bheinn, but no mud or boggy ground after that whilst on the Ridge. From Sligachan to Coire a'Bhasteir also is sometimes wet. Although sometimes useful for keeping stones out of the top of your boots. If you have a lightweight pair then bring them.
- **Rucsac** – At least 40 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. Rucsac should be big enough to carry 2 x 1 litre waterbottles; waterproofs (top & bottom); spare lightweight fleece or windproof; head-torch; packed lunch & 'hillfood' – Snicker/Mars bars, flapjacks etc; harness, helmet, spare gloves & hat, personal first aid kit; camera; mobile 'phone (if you must). If attempting the Traverse, for carrying bivvy kit (sleeping bag, karrimat, stoves, pans, KFS, plate, water container, spare food from overnight bivvy, rubbish). If carrying bivvy kit on the 2<sup>nd</sup> day of the traverse does not appeal, leave it & go back up for it on your own on the next day.
- **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 expensive & fragile.
- **Gloves** – A pair of fleece gloves in case it is cold; and a pair of yellow cotton gardening or work gloves with 'criss-cross' grip covering on the fingers & palm. Cost about £2 a pair, so does not matter if they get trashed. But these gloves protect fingertips from getting shredded on the very rough gabbro rock. Cold if wet however. If you have a second pair of cheap fleece gloves bring these for the second traverse day if the first pair gets wet.
- **Hat** – A warm fleece hat is important - (even an old woolly balaclava). Make sure that it fits under a climbing helmet – there is no room for 'bobbles' or the like.
- **A neck- gaitor** – Is a good thing to carry to keep out the drafts & protect the neck closure if it is windy & cold. Made from light fleece. Optional, but weighs nothing.
- **Ski-stick** or sticks – Not need as they get in the way when scrambling. However take one if you need for knee support
- **Trousers** – Do not rely fully on Rohan Bags or similar light Trekking trousers to keep the legs warm, unless with long-johns or a water/wind proof shell. Fleece trousers tend to be sweaty & are not wind-proof. Troll 'Rockstars' – a bit like 'Ron Hills' but heavier, are a good option. Tracksuit bottoms are fine, even as thin as Ron Hills, as long as you are carrying shell trousers and/or long-johns as well. Fancy 'Alpine' trousers eg. Mammut, Patagonia or Scholler trousers - are ok, but they are expensive & will be destroyed in a couple of days on gabbro.
- **Top** – A 200gm fleece top, with a good neck closure. Perhaps a lightweight fleece as a spare in the rucsac. I carry a fleece waistcoat in my rucsac as a spare – it packs very small & light.
- **Thermal layers** – Absorbs & wicks sweat & dries quickly. Long sleeved thermal top with a deep zip for ventilation, and lightweight long-johns if it is forecast to be cold.



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- **Head-torch** –For the Cuillin Traverse. When bivvying, it is a good idea to carry a lightweight 'Diode' bulb (eg Petzl 'Tikka') headtorch. A hand torch is ok, but make sure it is not a heavyweight 4 cell 'MAG' that policemen use to clobber burglars with. Something that leaves hands free is better. Petzl or similar headtorches cost from £25. Long lasting LED bulbs are good, make sure at least 4 or 5 bulbs for distance work. Leave torch with bivvy kit on 1<sup>st</sup> day if attempting the Traverse. Not needed so much in June.
- **Food & drink** – Things like flapjack's/Snickers/Mars/Kendal mintcake/Dextrosol bars, as well as sandwiches for the first day of the traverse. A good 'Full English' breakfast on the first CuillinTraverse day is recommended. Make sure you come with a good supply of 'hill food' for the 2 days of the Traverse & for Munro courses. 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. We leave the evening meal food (pasta, tuna, maybe a carrot & some onions etc) and tea/coffee kit at the bivvy site on the 'supply day'. Also leave breakfast & food for the 2<sup>nd</sup> day of the traverse. Allow yourself a little luxury such as a small tin of peaches, or better a tin or plastic tub of rice pudding for the bivvy evening meal. We also leave at least 3 litres each of water at the bivvy site on the supply day. Cuillin 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. Bring what you have & would like to use.
- **Slings, carabiners & belay/abseil plates/devices** – If you have any of these items, then bring them along. You do not need to buy these specifically for the course, we have some to loan.
- **Personal first aid & spares kit** – Spare contact lenses, wetwipes, spare bootlace, batteries for digital cameras, spare lighter, cash, 'Compeed' blister kits etc. – in a waterproof container.
- **Map & compass** – We - Kevin or Winky - will carry a map & compass. The compass does work now & then on the Cuillin, but navigation in any mist is usually 95% previous knowledge of the route.
- **Emergency kit** – We will carry a 'group shelter' big enough for three 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).
- **Sleeping bag** – For the Cuillin Traverse. If you own or can borrow a lightweight sleeping bag **then bring that**. You will need to carry it up onto the Ridge to the bivvy site, then carry it with you for the 2<sup>nd</sup> day of the Traverse, or leave it to retrieve yourself later on. It is possible to survive without a sleeping bag, if the weather is kind, wearing all spare clothing & waterproofs, but it is a long night if you get cold.
- **Sleeping mat** – For the Cuillin Traverse. An old Karrimat, cut down to pad the hips & shoulders, is all that is needed. Important for a comfortable night. 'Thermarest' sleeping mats are not recommended as they are vulnerable to punctures & damage on the gabbro rock.
- **Bivvy bag** – For the Cuillin Traverse.If you own or can borrow a Goretex or similar bivvy bag then that is the best; but an orange 'Survival bag' if fine for one night. Make sure that it is long enough to come up over the head. The bivvy sites have a ring of stones usually to protect from the wind, but no protection from rain of course.
- **Water bottles** – For the Cuillin Traverse. We will fill up waterbottles at the last stream before the long ascent up Gars-Bheinn at the Southern end of the Ridge. We will leave at least 2 litres per person at the bivvy site on the 'supply' day, but you need at least 1.5 litres for the first day of the Traverse. I take a one litre Nalgene bottle, and a half litre bottle of Highland Spring or similar water. You must have at least the same for the 2<sup>nd</sup> day of the Traverse, after leaving the bivvy. For Munro or Scrambling days, take at least 1 litre, with perhaps a half litre 'spare' bottle.
- **Plastic Bags** – Or stuff bags – very useful for organising gear in the rucsac, carrying sandwiches, taking down rubbish etc. Plastic 'Tupperware' style sandwich boxes are not allowed as they are too heavy!
- **Knife, fork & spoon each** For the Cuillin Traverse – Also plastic plate & plastic mug each. In reality just a medium sized spoon is sufficient, with a Swiss Army knife each for cutting bread, opening bottles & cans etc. We can supply a plastic plate & mug.

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- **Billies & cooking stove** – For the Traverse. We can provide Epi-gas stoves & ‘billies’.
- **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. Look at [www.snowcard.co.uk](http://www.snowcard.co.uk) or [www.thebmc.co.uk](http://www.thebmc.co.uk) for policies.
- **Camera** & camera bag
- **Ice-axe's & crampons** are not needed for the week.

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If you need more information on gear & equipment, please get in touch with us by the following means.

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