

These are the things to bring along for days out between April and October. All technical climbing equipment is provided including a harness and helmet if you can't bring your own. Feel free to get in touch if you'd like more detailed advice on gear or clothing.

general kit for all bookings

waterproof jacket and trousers
fleece / warm top / or soft shell
long trousers (non cotton)
sun screen, sun hat and sunglasses
any personal medication / blister kit
water bottle

Cotton clothing is fine for rock climbing. However, if we're in the mountains (except when the forecast's exceptionally good) wicking / thermal clothing is needed e.g. capilene, merino wool, polartec, etc.

rock climbing

rock boots
approach shoes or trainers
rucksack (min 30 litres)
chalk bag

A lightweight windproof is pretty handy at any time of year. A small 'bumbag' or rucksack (adventure race type 10-15 litres) can be useful if long mountain routes are on the agenda.

scrambling or mountain walking skills

walking boots not trainers
rucksack 30 litres
extra fleece / warm top
warm hat and gloves
headtorch and batteries

Reasonably rigid 3/4 shank boots or lightweight summer alpine boots are best for scrambling (if in doubt, call for advice). A 'type 4' Silva compass is required if we're covering navigation. Bring trekking poles if you use them.

Skye ridge traverse or planned overnight bivvy

bivvy bag
rollmat / thermarest
sleeping bag (light /medium weight)
pocket knife, mug, bowl, spoon
rucksack (min 45 litres)
extra fleece / warm top
warm hat and gloves
extra 1-2 litre water bag
headtorch and batteries
approach shoes
reasonably rigid soled boots

A gortex bivvy bag gives the most comfortable sleep otherwise the standard orange plastic type is fine. Extra gloves with a leather/tough palm can be very useful in the Cuillin. Quality collapsable water bottles and bags are made by Ortlieb, Platypus and MSR. Get a good liner for your rucksack and bring trekking poles if you use them. LED/halogen combo headtorches are best (long lasting and lightweight).