

Kit list for Summer in the Mountains

Boots or approach shoes - Essentially you want a stiff boot or a sticky soled approach shoe for scrambling.

Synthetic sports leggings or technical walking trousers - try to avoid cotton.

Warm socks - Wool keeps you warm even when wet. Go for one chunky pair, rather than two thinner socks to avoid blisters.

Full waterproofs - Jacket with a hood and trousers.

A couple of warm layers - fleece/synthetic, try and stay away from cotton and down, but not a problem if that's what you have.

Gloves - Macgregors do great cheap insulated work gloves but something sturdy for the Cuillin.

A hat - preferably without a bobble, so it can be worn under a helmet.

Lunch - A mixture of Protein, carbs and slow release energy, sandwiches, bagels or wraps with cheese or peanut butter, tins of mackerel with oatcakes, bananas are great, flap jack or oat bars, jelly babies or Haribo for a sugar hit.

A litre of water.

A small (ish) rucksack - 30-40L is about grand to fit everything in, including a helmet and harness that we'll give you. Keep everything inside, avoid clipping things to the outside or stowing bottles in external pockets, they tend to escape.

Recommended

Maps - Preferably Harvey's maps of The Cuillin and OS maps of Trotternish or North Skye at 1:25 000 scale.

A compass - Silva are best, but a compass with a scale that corresponds to your map, on the wee ruler on the side is what you're after. A map case or alternatively heavy duty zip lock sandwich bag you can fit yer map in.