
CASPAR MCKEEVER MOUNTAINEERING

ITEM

Socks Go for a medium to thick pair of synthetic or wool/synthetic blend socks.

Thermal/ Base Layers A thermal or wicking top is far better than cotton.

Fleeces At least one fleece layer for your upper body. If you get cold easily perhaps add a fleece gilet/vest to your layering. Having an extra fleece top or synthetic layer in a waterproof liner at the bottom of your rucksack is useful if cool conditions are likely to be encountered.

Windshirt or lightweight softshell jacket Ideal for dry conditions.

Walking trousers Polycotton, polyester or softshell is ideal.

Warm Hat & Gloves A warm hat can still be very useful even in summer. For Skye, leather work or gardening gloves which are cheap and durable are ideal. Remember that even in the height of summer, with a bit of rain and wind, it will still be quite chilly.

Waterproof jacket and over trousers Lightweight waterproofs are ok. The trousers should have at least a knee length zip enabling them to be fitted over boots.

Rucksack A medium volume sac (30 -40 litres) is best for mountaineering. Use a strong plastic rucksack liner or dry bag to keep the contents dry. External rucksack covers have a habit of blowing away and don't work as well as an internal liner. Everything needs to fit inside your bag.

Bivvy Bag A large person sized poly or foil survival bag is the minimum requirement, essential but for emergency use.

Gaiters Useful, but not essential. Not really necessary on the Skye Cuillin.

Head Torch Even in summer it's good practise to carry a small headtorch.

First Aid kit A small personal pack including personal medication and blister plasters. Suncream and sunglasses if good forecast.

Compass/ Map OS or BMC/Harvey. Harvey maps produce the best map for Skye. The map should be weather-proofed in a clear plastic map case or laminated.

Whistle/ Watch

Waterbottle 1 to 2 litres, maybe more during hot weather.

Lunch & Spare Food Enough for a full day on the hill; preferably with snacks you can pull out of a pocket easily as well.

Trekking Poles These are optional, but useful particularly in descent.

Boots For scrambling, boots which have good lateral stiffness such as B1 rated boots are useful.

Helmet Please bring one along if you have one. We can provide helmets if needed.

Harness Please make sure the harness fits over all clothing and can be put on over boots (and crampons). Adjustable leg-loops are preferable for ease of fitting.

Belay device, two HMS Carabiners and one 120cm sling We can provide you with these if you don't have your own.



If you have any questions about kit please get in touch and we will be happy to advise.

Kind regards,

Caspar McKeever
