



## Summer Mountaineering Kit List      Printable Version Here

Bring this list on your course as a daily kit check before departure.

### General

- **Clothing** – Loose fitting comfortable clothing to cover both warm and cold days. Thermal wicking base layer and a couple of fleece tops. Light, quick drying trousers – polyester or fleece, cotton not ideal. Wicking T-shirt and shorts are worth bringing also.
- **Walking boots** – Three season with a good quality sole (such as Vibram) for scrambling. Not stiff enough to take crampons but not to bendy either. Good quality walking socks are worth investing in.
- **Rucksack** – Around 40 - 50L, with a waterproof liner. You should be able to get all the kit listed here inside.

### Personal Items

- **Harness** – make sure it fits before the course and is not too big at its smallest possible waist size. Likewise that you can get it over fleeces, waterproofs etc.
- **Helmet** – Easily adjustable and big enough to go over a warm hat.
- **Waterproof jacket and trousers** – Lightweight waterproofs will be sufficient for most courses.
- **Warm hat and gloves**
- **Map and compass**
- **Water bottle and packed lunch** – At least 1L Capacity.
- **Spare warm layer** – Large fleece or light duvet jacket.
- **Personal first aid kit** – Plasters and personal medication, midge repellent.
- **Sun cream, sunglasses and sun hat**
- **Head Torch** – Spare batteries for the course.
- **Emergency survival bag**
- **Cash**

### Skye Ridge traverses – or other courses with a bivvi

- **Lightweight sleeping bag** – 2 season should be sufficient.
- **Bivvi bag** – Ideally breathable.
- **Bivvi food** – Lightweight dehydrated meals, noodles, packet soups, power bars, sweets etc – enough for 2 long days on the Skye Ridge.
- **Camping Mat** – Lightweight variety. Heavy therma-rests are excessive.
- **Mug and spoon**

### Group Items - Supplied by Highland Guides

- Rope
- Scrambling / climbing protection hardware
- Group Shelter
- Guidebooks and Maps
- Cooking Stove, pots and fuel
- Lighter / Matches