

Kitlist: Cuillin Ridge Traverse

Personal clothing:

(Man-made fibres – not cotton)

- Trousers
- Base layer (I often take a spare t-shirt for the bivi or if things get really sweaty)
- Fleece/softshell mid layer: a hood works well with temperature regulation
- Spare layer: some form of lightweight packable insulation, such as very lightweight belay jacket. (Down is warmer and lighter but useless when wet. Synthetic is bulkier but more UK-friendly)
- Socks and underwear x2: often overlooked, ensure these are also technical fabrics and comfortable for prolonged activity
- Waterproof jacket and trousers: lightweight, breathable and tough. Long leg zips on trousers mean they can go over boots easily (if forecast is really good, we *may* not need these)
- Boots vs Approach shoes: generally approach shoes when dry and boots when wet/cold. Approach shoes' sole units are grippier on rock but poor on wet grass/scree. Both must be good quality, light-medium weight, with a decent tread, well-fitted and previously used. A stiffer sole helps with "edging" and "smearing" whilst scrambling. Approach shoes should have a protective rand and not be just trainers. Approach shoes will generally be better for climbing in, but if your bag is heavy boots may provide more support. A halfway house of high top approach shoes is often a good choice. Bring both if possible to be prepared for all eventualities
- Hat: ensure it will sit comfortably under a helmet (i.e: no bobble) and not restrict your vision. I personally prefer a cap as the peak gives protection from sun, wind and rain
- Gloves: I like a tight-fitting, lightweight leather set for dexterity when climbing or handling ropes, but I expect them to get trashed quickly. I also like to take a spare insulated and waterproof pair for warmth, usually worn on the descent/at the bivi/in bad weather. I personally use and recommend the following pairs:
 - https://www.safetygloves.co.uk/CW300S.html?gad_source=1&gclid=Cj0KCQjwir2xBhC_ARIsAMTXk85asKaD1cWRGGzphhkuk39XRkT8Sk9KAmGJNbQaljxYrsjVQ7ssPcaAvTtEALw_wcB
 - <https://www.safetygloves.co.uk/ejendals-tegera-297-insulated-waterproof-work-gloves.html>

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Personal Equipment:

- Backpack: 30-40 litres is a good size and totally manageable if you pack efficient and light. A climbing design (no back system and ideally no side pockets) is easier to climb with, especially when wearing a helmet. Should ideally have a hood or strap for carrying a helmet/rope
- Drybags for items inside rucksack – helps waterproof and organise contents in your sack and when stashing kit at the bivi. FAR better than a waterproof cover
- Headtorch: new batteries, no spares. One battery reversed inside to prevent accidental use
- Walking poles – useful. Best are those that pack down small enough to go inside your sack. Long poles protruding from packs can be a nightmare to scramble/climb with
- Any personal medication required (ensure this is noted on your medical and consent form)
- Water: 2 litres max (foolproof bottles are better than bladders and easier to refill)
- Food: A varied supply for 24 hours of exercise- that's equivalent to 3 normal day trips! There will be quite a lot at the start - good motivation to eat lots on the approach but don't get carried away! Savoury and sweet mix about 50:50. Treat yourself to lightweight luxuries and don't take just cereal bars! See the table below for the sort of thing I go for
 - We have an excellent stock of dehydrated main meals for the overnight bivi, catering for most diets, which we can provide – please make us aware in advance of any dietary requirements
- Sun cream and sunglasses – you never know! 😊

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Breakfast x1	Snacks x2/3 days worth	Lunch x2/3 days worth	Dinner
<i>1st approach:</i> GET UP -Coffee/tea -Instant porridge START	-x1 pack nuts -x1 pack seeds -x1 pack dried fruit -Sweets for morale -x2/3 flapjack / energy bars	1 st approach: -x5-6 pre-made sandwiches ...or... 2 nd approach: -Mix of jerky, pepperami, waxed cheese, squeezey cheese tubes, tuna sachets -x2 packs oatcakes/Ryvita -x2-3 flatbread/pitta	-Dehydrated cup-a-soup x1 -Dehydrated main meal x1 (we can provide) -A wee dram in a small plastic bottle! ☺ -Nice chocolate -Herbal tea
<i>2nd approach:</i> GET UP -Coffee/tea START -x1/2 cereal bar -x1/2 choc brioche /crepes	-x2/3 energy gels -x2/3 chocolate bars		

Bivi Kit:

- 2-3 season sleeping bag
- Gore-tex bivi bag (we can provide – please advise us beforehand if required)
- Lightweight sleeping mat (self inflating is best – ideally ¾ length)
- Plastic mug
- Spoon/"Spork"
- Toothbrush and toothpaste (small)
- Toilet roll; not wet-wipes please as they do not biodegrade
- Windproof lighter to burn toilet roll
- Midge net and Smidge

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Technical equipment:

(Provided by us and included in the price. If you wish to use your own please have them verified by your instructor)

- Climbing harness and helmet
- Friction belay device on screw-gate karabiner
- 120cm sling with screw-gate karabiner

Guide will bring:

- All ropes and climbing equipment
- Harvey's map of the Cuillin
- Compass and whistle
- Small first aid kit
- Large drybag to stash your bivi kit in (4 day booking)
- 3 litre water carrier(s): lightweight and collapsible for overnight water supplies
- Fuel and stove (small, for boiling water only! Hence dehydrated meals)

In the interests of your own personal safety and well-being, Dubh Mor reserves the right to refuse to take participants on the hill if their personal clothing is deemed unsuitable and potentially dangerous. Should you have any queries regarding the suitability of your kit, please contact us prior to booking – we are happy to help and always eager to talk about kit!

