

Cuillin Ridge Traverse

Equipment List



When packing for a traverse, remember that there is around 4000m of ascent over the full traverse and a lot of technical scrambling. A large and heavy bag greatly reduces your chances of success. The majority of the time your bag will be on your back and you won't be using the things in it. Aim to be comfortable 90% of the time.

Bags

- Rucksack (40L is about right, *ask if you need to borrow one*)
- 2 drybags (overnight + day, *ask if you need to borrow any*)

Clothing

- 1 base layer (*wear*)
- Trousers (*wear*)
- 1 fleece
- 1 duvet jacket or second fleece
- 1 windproof jacket or softshell (*optional*)
- Waterproof jacket and trousers
- Thin hat (must fit under a helmet, *ask if need to borrow*)
- Leather-palmed gloves (*cheap gardening/DIY gloves work well*)
- Liner gloves (*if cool forecast*)
- Buff or similar

Scrambling equipment

- Approach shoes or boots
- Helmet (*normally supplied*)
- Harness (*normally supplied*)
- Belay device (*normally supplied*)

Overnight

- Small head torch (*new batteries!*)
- 1 or 2 season sleeping bag
- Z-fold carry mat (*Can hire for £5*)
- Bivvy bag (*Can hire for £10*)
- Spork or spoon
- Lightweight mug or cup
- Small amount toilet paper

Bits and pieces

- Small selection of plasters
- Personal medications
- 1L water bottle (*empty; we'll fill up on walk in. A hard plastic Nalgene-style is best as this can act as hot water bottle overnight*)
- Phone (*on flight mode or off to preserve battery*)
- Midge net
- Sunglasses
- Suncream (*if forecast is good*)
- Facemask
- Hand gel
- 1 bank card for celebratory drinks

Luxuries

Only bring some of these, if you must

- Spare socks (*helps prevent blisters on second day.*)
- Spare base layer
- Toothbrush with toothpaste on and wrapped in clingfilm
- Small camera
- Walking poles (*easier descents, but awkward on scrambles and extra weight overall*)

Group equipment

You may be asked to carry some of this, which we will supply

- First aid kit
- Rope
- Climbing equipment
- Stove
- Collapsible water bottles
- Map and compass
- Smidge

Don't Take

- Toiletries (except toothbrush)
- Wet wipes
- Battery pack for phone
- Wallet
- Spare trousers
- Other changes of clothes
- Gaiters
- Bowl for food unless your food absolutely needs it. (*most dehydrated foods are eaten from the pouch they come in*)
- Stuff sacks for sleeping bag and bivvy bag (*put your sleeping bag inside your bivvy bag and compress it into your overnight dry bag*)

Example Menu

Lunch/Snacks

Aim to bring two days of your standard hillwalking food. In total I normally bring:

- 2 × sandwiches
- 2 × empire biscuits or mars bars
- 6 × cereal bars
- Trail mix
- 1 packet salty crisps (*especially if warm conditions*)

Dinner

- Dehydrated meal (1000 kcals)
- Dehydrated pudding
- Small cake
- Instant hot chocolate or tea

Breakfast

- 2 × porridge sachets or dehydrated meal
- Eat from trail mix
- Instant coffee or tea