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# CASPAR MCKEEVER MOUNTAINEERING

## ITEM

**Socks** Go for a medium to thick pair of synthetic, wool or wool/synthetic blend socks. Liner socks are good for preventing blisters. No Cotton.

**Thermal/ Base Layers** A thermal or wicking top is best. No cotton.

**Fleeces** At least one fleece. Having an extra fleece top or synthetic layer in a waterproof liner at the bottom of your rucksack is useful in case colder conditions are encountered. If you get cold easily perhaps add a an additional fleece/gilet/vest.

**Windshirt / Softshell jacket** Ideal for dry conditions.

**Walking trousers** Poly-cotton, polyester or softshell is ideal. No jeans.

**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. Spare gloves are recommended.

**Waterproof jacket & trousers** Waterproof jacket & trousers

**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.

**Gaiters** Useful, but not necessary, particularly for Skye.

**First Aid kit** A small personal pack including personal medication and blister plasters.

**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. We may not be able to stop for a proper lunch break due to weather.

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

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<b>Boots</b>	For scrambling, boots which have good lateral stiffness such as B1 rated boots are useful.
<b>Helmet</b>	Please bring one along if you have one. We can provide helmets if needed.
<b>Harness</b>	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. We can provide a harness if needed.
<b>Belay device, two HMS Carabiners and one 120cm sling</b>	We can provide you with these if you don't have your own.
<b>Other Equipment</b>	<ul style="list-style-type: none"> <li>Map and compass</li> <li>Whistle</li> <li>Emergency survival bag</li> <li>Head torch</li> <li>Sunglasses &amp; sun cream</li> <li>Mobile phone in a waterproof case</li> <li>Camera</li> </ul>



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

Kind regards,

Caspar McKeever

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