

Overnight kit list

Overnight Bivi Kit:

Rucksack - A medium volume bag (35 -45 litres) is best for a traverse with an overnight bivi. Use a strong plastic rucsac liner to keep the contents dry. External covers have a habit of blowing away or getting caught on something at the wrong moment. Everything needs to fit inside your bag, sleeping mat can be on the outside if absolutely needed.

Bivi Bag - Ideally a lightweight Gore-Tex or other breathable fabric bivi bag

Sleeping Bag - This should be a light-weight 2 or 3 season bag.

Sleeping Mat - Either a closed cell foam mat (karrimat) or a small Thermarest style mat.

Meals –For breakfast and dinners, dehydrated packets, available from most outdoor shops are ideal. Having a hot meal in the morning is often a good way to get yourself out of the sleeping bag quicker! Avoid already hydrated meals as these are heavy. You will also need two days worth of lunch and snacks (energy bars/dried fruit/sweets whatever you like snacking on while moving). Your guide will bring a stove and gas, which you may need to carry.

Spoon - Lightweight as possible, useful for eating your dinner!

Water carrying capacity - 1 to 2 litres, maybe more during hot weather. For traverses, one bladder and one solid bottle is useful.

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

Insulated jacket - Down jacket or synthetic/primaloft for evening at Bivi

Regular clothing for a day in the mountains:

Socks - Go for a medium to thick pair of synthetic or wool/synthetic blend socks (no need for spares).

Boots - For scrambling Mid Top Approach shoes are my recommendation, otherwise for summer walking, good quality worn in walking boots that you can wear for long days comfortably.

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

Midlayer Synthetic or Fleece - At least one mid 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 for the bivvy in the evening.

Lightweight softshell jacket - A windproof jacket is ideal for dry, cooler conditions.

Walking trousers - Softshell; windproof, quick drying and breathable are ideal.

Warm Hat & Gloves - A warm hat can still be very useful even in summer, especially when bivvyng. For Skye, leather work or gardening gloves, which are cheap and durable are ideal as the rock is very rough and destroys gloves easily. Even in summer, high up it can get chilly!

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

Trekking Poles -These are optional, but useful particularly in descent. Consider just taking one folding pole, it will spend a lot of time stowed inside your bag while scrambling.