



Skye Ridge Kit Kist

To Wear

- Thermal wicking base layer – not cotton
- Polyester, fleece or woolen trousers and tops
- Stiff walking boots

Personal Items

- Harness and helmet
- Torch, preferably a head torch
- Hat and gloves
- Spare fleece or primaloft top
- Waterproof jacket and trousers with side zips
- Water bottles to carry 2ltrs
- Lunches and snacks
- Rucksack (45ltrs) and liner
- Whistle
- Sunglasses, sunhat and sun-cream
- Sleeping bag, waterproof bivi bag and sleep mat
- Mug, spoon

Group Items Supplied By Abacus Mountain Guides

- First aid kit
- Ropes and climbing hardware
- Dinner and breakfast on the ridge
- Big water containers

