

KIT LIST

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on this trek. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

RUCKSACKS AND BAGS

- ☐ Day sack 25-30L
- ☐ Large Rucksack/Duffle bag
- ☐ Waterproof liner*

FOOTWEAR

- ☐ Walking boots/shoes. Must have appropriate grip for rocky/wet terrain
- ☐ Hiking socks
- ☐ Gaiters
- ☐ River crossing shoes (old trainers or sandals that can be fastened)
- ☐ Shoes for evenings
- ☐ Spare laces*

CLOTHING

- ☐ Hardwearing waterproof and breathable jacket. GORE-TEX recommended
- ☐ Waterproof overtrousers
- ☐ Down jacket or similar for evenings
- ☐ Fleece top – very cold at night
- ☐ Wicking t-shirts
- ☐ Trekking trousers (not jeans)
- ☐ Thermals
- ☐ Long-sleeved shirt
- ☐ Bandana/buff/scarf for the sun/cold
- ☐ Woolly hat and sun hat
- ☐ Gloves for the cold and rain
- ☐ Casual clothes for evenings
- ☐ Hiking shorts*

GENERAL TREKKING EQUIPMENT

- ☐ LED Head torch plus spare batteries
- ☐ Midge head net
- ☐ Water bottles/bladder min 3l
- ☐ Sunglasses
- ☐ High energy snacks (cereal bars, dried fruit, chocolate, nuts)
- ☐ Plastic bags/zip lock for keeping clothes and docs dry
- ☐ Walking poles
- ☐ Camera*
- ☐ Contact lenses (plus spare glasses)*
- ☐ Gaffa tape *
- ☐ Ear plugs*

SMALL FIRST AID KIT

- ☐ Your own medication
- ☐ Pain killers
- ☐ Midge spray
- ☐ Insect bite/sting relief cream
- ☐ Plasters
- ☐ Zinc oxide tape
- ☐ Blister pads such as Compeed
- ☐ Antiseptic wipes
- ☐ Diarrhoea tablets
- ☐ Rehydration sachets
- ☐ Dextrose tablets for extra energy*
- ☐ Deep heat*
- ☐ Knee supports*

TOILETRIES

- ☐ Personal toiletries
- ☐ Towel
- ☐ Talcum powder
- ☐ Tissue/toilet paper
- ☐ Sun screen (min factor 30), Aftersun/moisturiser
- ☐ Anti-bacterial hand gel
- ☐ Dry wash*

DOCUMENTS

- ☐ Cash
- ☐ Debit / credit card
- ☐ Copy of travel insurance*

KEY * Indicates Optional

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at **Outdoorhire**. They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

MAKING THE MOST OF YOUR KIT

PACKING

Luggage will need to be stored inside your dorm room at the hostel where space is limited. We recommend that you organise your kit into different labelled bags so that you can easily find different parts of your kit. Waterproof liners or bags are also recommended for keeping valuables and clothes dry within your pack.

SCOTLAND SPECIFIC KIT

Trekking in Scotland can feel very different to other parts of the UK that you may be familiar with. We would recommend that everyone consider a pair of gaiters and a midge head net as essential 'Scotland kit'!

Midge head net and spray - Many of you will already have heard stories about the midges found in Scotland. Whilst many of these stories are exaggerated it is possible that midges will be present on this challenge. We would recommend that you bring along a 'midge spray' and a midge head net. Both are available from all good outdoor shops and cost only a few pounds each.

Gaiters for boggy ground - Walking in Scotland can be a wild and remote experience. Your route will generally follow recognised footpaths but, on the day, the footpaths are likely to be boggy in places. Gaiters are a piece of kit that offer additional protection between your boots and trousers. These help to keep your boots and trousers dry and less covered in mud. Scottish footpaths can often be boggy and so gaiters are very important.

CLOTHES

Weather and temperature can fluctuate enormously from one day to the next so it's best to be prepared for everything! Lots of light layers and waterproofs are key, and a warm jacket, such as a synthetic or down jacket, is a great idea for the evenings that can be cold when you sit outside. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

SLEEPING

All bedding is provided by the hostel. Towels can be hired from the hostel if you do not bring your own.

HYDRATION

During exercise your fluid needs increase dramatically and hydration is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. You should ensure that you can carry at least 2-3 litres of water with you on the trek. Due to the remoteness of this challenge you will need to carry all the water you need for each day. You should also carry a 1 litre water bottle as this can act as a spare if the bladder is split.

HEALTH

Make sure you take a first-aid kit with you as well as any personal medication. Kinesiology, or K-Tape, is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots.

CORRECT SHOES

We would highly recommend wearing walking boots for all of our UK challenges as the additional ankle support can prove invaluable for preventing injury and also prevent water and other objects entering your footwear. Due to often boggy nature of the terrain in Scotland we do not recommend trail shoes for this challenge.

River crossing shoes – On the days that require the small stream crossings along the route you will require river crossing shoes. The ideal shoes for this are either an old pair of trainers or a pair of sandals that can be fastened. Flip flops are not appropriate. You must wear shoes when crossing the streams. It is not safe to go bare foot.

WALKING POLES

Anyone considering using poles on the challenge should make sure that they have experimented with using them during their training. For anyone who struggles with knee, or any joint, problems then walking poles can help significantly reduce the amount of strain being placed on your joints, particularly on any descents. They are also useful for helping with

ascending up hill and maintaining balance when crossing streams, and many people find that they spread the load on your body more evenly during a long day of trekking.