

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 60-80L
- Waterproof liner*

SLEEPING

- 3 season sleeping bag comfort rating of 0 degrees
- Sleeping mat
- Sleeping bag liner*
- Pillow*

FOOTWEAR

- Walking boots/shoes. Must have appropriate grip for rocky/wet terrain
- Hiking socks
- Trainers/Sandals for evenings
- Spare laces*

CLOTHING

- Hardwearing waterproof and breathable jacket. GORE-TEX recommended
- Waterproof overtrousers
- Down jacket or similar for evenings
- Fleece top
- 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
- 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
- Midge head net
- Camera*
- Contact lenses (plus spare glasses)*
- Gaffa tape *
- Ear plugs*

SMALL FIRST AID KIT

- Your own medication
- Midge repellent (Smidge is highly recommended)
- Pain killers
- Plasters
- K-Tape (or zinc oxide tape) for blisters
- 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

As no formal clothes are needed, luggage should be kept to the absolute minimum as it will need to be stored inside your tent. You will be sharing your tent with 1 other trekker, so space is limited! Where we need to transport your luggage between campsites it is also important that this bag is a soft rucksack or duffle bag and not a hard suitcase. We would also recommend that you organise your kit into different labelled bags so that you can easily find different parts of your kit.

Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

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

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For this trek this should be between 10° and 0° C. If you particularly feel the cold then upgrade your sleeping bag to the next level e.g. from 3 Season to 4 Season. Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack. Another handy tip is to keep your camera in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures.

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 litres of water with you on the trek. You will be able to refill your water bottles during most days.

HEALTH

Make sure you take a first-aid kit with you. 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. In Scotland the local 'midge' is a common nuisance so make sure that you definitely bring a midge head and repellent. If you know that you are susceptible to insect bites then anti-histamines are also a good idea. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck.

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. Increasingly people are choosing to complete challenges wearing walking shoes, as opposed to boots. These 'Trail Shoes' have the advantage of being lighter and more comfortable but do not afford the same protection as boots. If you are considering wearing trail shoes then please make sure that they have an excellent level of grip, with deep tread on the soles. For this reason normal sports trainers are not appropriate for completing our UK challenges. The lack of grip on trainers can prove to be extremely dangerous on loose, wet rocks.

WALKING POLES

Walking poles are not essential kit. However, we receive many questions about using them. 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 many people find that they spread the load on your body more evenly during a long day of trekking.

