

KIT LIST



PLEASE ENSURE EVERYTHING IS CLEARLY NAMED

All kit should be packed in a named holdall/kit bag, which you should be able to carry (approx. 20kg)

Full & correct uniform (to be worn for travelling)

Rucksack (Min 40 litres) & waterproof liner for over-night expeditions

Rucksack (20-40 litres) & waterproof liner for day activities

Sleeping bag, waterproof stuff-sack and liner Sleeping Mat

Activity Clothing and equipment

Waterproof jacket with hood & waterproof trousers

Gaiters (optional, but recommended)

T-shirts and long sleeved shirts

Clothes for cycling (not jeans)

Clothes for sailing & kayaking (not jeans)

Swim wear and towel

Water shoes for sailing.

Trainers & / or sandals

Long sleeved fleece and pullovers

Walking trousers (not jeans)

Compass & Map Case (optional, but recommended)

Unbreakable water bottle or hydration pack (min 1 litre)

Unbreakable thermos flask (optional, but recommended)

Unbreakable mug, plate, bowl, knife, fork, spoon and tea towel

Walking boots with spare laces

Walking socks

Hats (warm & sun) and Gloves

Whistle (plastic, pea-less type)

Survival bag

Small personal first aid kit

Watch

Emergency rations

Pencil, pen & paper

The Scottish Adventure

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General

Casual clothes & footwear for evenings & trips out (can include jeans/shorts)

Night clothes, socks and underwear

Wash kit & shower size towel

Torch/headlamp, spare batteries & bulb

Polythene bags for dirty/wet clothing

Midge repellent and bite cream

Sun cream & after sun

Camera (waterproof/disposable?)

Travel wash

Spending money

Valuables (mobile phones / I-pods / Jewellery / cameras) are taken at your own risk. There is limited access to re-charge electrical items

The leader team is happy to advise you with the purchase of equipment