# Scottish Summer Walking Kit-list

# Personal first aid, e.g. blister plasters and zinc oxide tape, lip salve

* Personal Hygiene, e.g. tissues and/or toilet roll
* Suncream and midge repellent
* Drybag or equivalent for mobile phone and/or wallet
* **Boots – Sturdy 3-season walking boots, leather best, but fabric acceptable. Trail shoes, running shoes and light trekking shoes are rarely suitable in Scotland. This is an important safety issue, and unsuitable footwear may lead to our itinerary being cancelled or altered to suit. Contact me if unsure**
* Light Fleece/fleece mid-layer and/or windproof, plus spare layer of similar
* Walking trousers, shorts not advisable
* Base layer, of wicking material. Not cotton, which holds moisture and leads to cold
* Light pair of gloves
* Waterproof and breathable jacket

## Waterproof and preferably breathable trousers. **(Again, these are important, and regularly omitted by folks, leading to wet, cold legs and an early finish)!**

* Food in a suitable container. Plenty of snacks
* Whistle and compass - I will have these of course, but always good to have your own
* Rucksack 30-40l - Do not try to squeeze it all in too small a sack
* Sun hat, maybe a fleecy hat too
* Sunglasses
* Water bottle 1.5l or platypus-type
* Orange survival bag
* Plastic bags to keep spare layers dry

**Optional -**

* Walking Poles
* Camera
* Phone
* Sitmat
* Gaiters – Keep you clean and keep the ticks off!
* Flask 500ml

**Backpacking -**

* 1,2 or 3 man lightweight tent, depending on group
* 3-season sleeping bag
* Thermarest or closed-cell foam sleeping mat
* Stove and gas
* Cooking utensils
* Knife
* Additional food accordingly
* Additional base layer, socks