

Open Canoeing

Kit List

Wilderness Scotland
No.1 for adventure travel

Open Canoeing - Essential Items

Essential Items

On any adventure in the wild places some items of clothing and equipment are deemed essential. You may not need everything every day, but if the weather turns poor your safety and enjoyment could be compromised without these items.

Having the right equipment and clothing will have a big impact on how you enjoy your trip with us, so we have put together the following list to help you select the right gear.

We are happy to give additional advice so do not hesitate to contact us if you have any queries.

Ensure clothes are non cotton based

Upper Body:

- Moisture wicking base layer – synthetic or merino wool
- Heavier weight fleeces / jumpers such as microfleece.
- Waterproof jacket

Lower Body:

- Lightweight, quick drying trousers (hiking trousers will be fine)
- Fully waterproof and breathable shell over-trousers
- Swimming costume / trunks
- Shorts (or zip off trousers which convert into shorts)

Feet:

- Wetsuit socks, waterproof socks or warm wool socks
- Wellington boots are recommended, alternatively comfy trainers or wet suit boots are suitable.

Head and Hands

- Warm wool hat and sunhat
- Buff / neck gaiter
- Warm gloves

Essential Equipment to have while open canoeing:

- Water bottle or hydration bladder - 1-2 litre capacity
- Wilderness Scotland will provide dry bags for you to carry spare clothes, personal items etc
- Sunglasses with buoyant strap
- Sunscreen and lip balm

Camping Equipment for expedition trips

(not needed for Open Canoeing - The Scottish Highlands trip):

- 3 season sleeping bag (down to around 5°C) - available to hire
- Inflatable sleeping mat (recommended) or lightweight sleeping mat - available to hire
- Warm, comfortable clothes for evening wear. These can double as a spare set as your guide will ask you to pack a set of spare clothes to carry with you each day in the event that you capsize.
- Personal wash kit
- Personal medication
- Antibacterial hand gel
- Lightweight, quick drying towel
- A soft bag (duffle or rucksack) that will fit in the provided canoe barrel
- 2 small - medium dry bags. Wilderness Scotland will also provide 1 large, 1 medium, and 1 small dry bag per person

Hiking Equipment

(needed only for Northwest Highlands trip):

- Waterproof Hiking Boots
- Wool hiking socks
- Small day rucksack - 25 to 30L capacity
- Waterproof Rucksack Cover



This kit list's star is David from the Wilderness Scotland team. You can read more about him [here](#).



Wilderness Scotland highly recommend the products of renowned outdoor clothing manufacturer [Haglofs](#), who keep our guides warm and dry through the seasons with their superb clothing and equipment.

Haglofs' industry-leading commitment to sustainability and the environment fits perfectly with our own ethos and their products come with a high level of functionality, good design and value for money to people who invest in an active outdoor lifestyle.

Open Canoeing - Additional Items

Recommended Optional Items:

- Sunscreen and lip balm: SPF 25+
- Camera (spare batteries, memory card)
- Binoculars
- Plug adaptor
- Thermos flask
- Lunch box
- Midge net / insect repellent
- A dry cloth for wiping sunglasses
- Polythene bags for valuables (to keep within dry bags)
- Lightweight gloves
- Neoprene socks
- Polythene bags for valuables (to keep within dry bags)
- Clothes line / pegs to dry wet equipment

Please arrive with your kit in a soft holdall or rucksack - no sturdy suitcases please. You can leave extra clothes worn for travelling, and also your holdall / large rucksack, in the vehicle while we are out on expedition.

Personal First Aid Kit

Your guide will carry a comprehensive first aid kit, but you may wish to bring some of your own items for travelling. This is especially relevant to any specialist medication you may need.

- Personal medication
- Antiseptic ointment
- Plasters and small wound dressings
- Compeed or Moleskin for blisters
- Scissors, tweezers and safety pins
- Tick tweezers
- Anti-inflammatory e.g ibuprofen
- Analgesics e.g aspirin
- Anti-diarrhoea drugs e.g immodium
- Antihistamines
- Re-hydration salts or solution e.g Dioralyte
- Spare contact lenses and glasses (if appropriate)

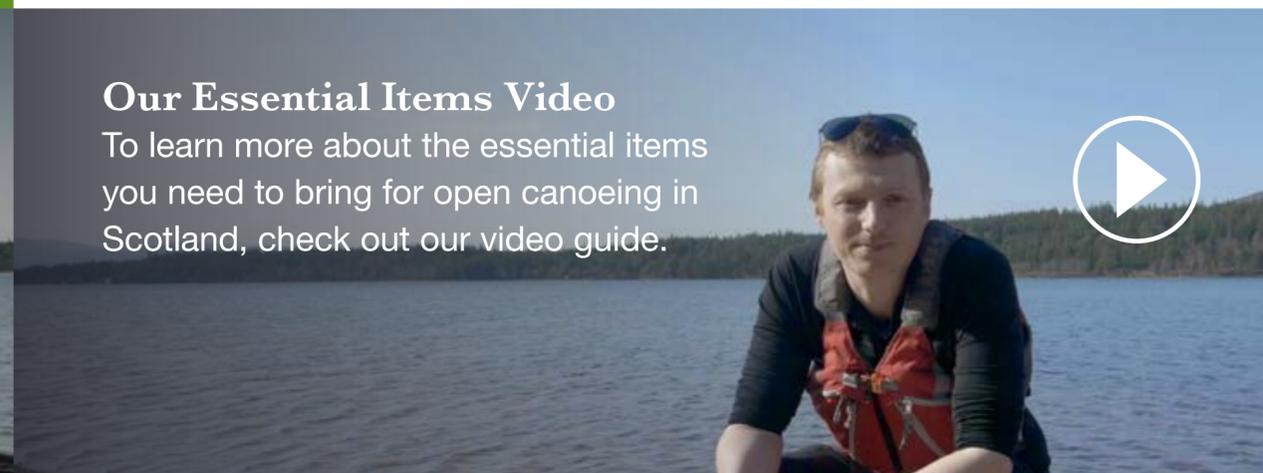


Group and Safety Equipment (Provided)

Wilderness Scotland will provide all necessary group equipment including:

- Canoe
- Paddles
- Bouyancy aid
- Dry bags - 1 large, 1 medium, 1 small
- Tent - Terra Nova Trisar 2 (single use), Super Quasars for double occupancy
- Group tipi
- Cooking equipment
- Toilet equipment (trowel / toilet paper)

We will also provide all group safety equipment such as first aid kit, emergency shelter, flares, mobile phone, Garmin satellite locator etc, these will be carried by your guide.



Questions?

If you wish to consult the Wilderness Team about what you need for open canoeing in Scotland, or seek advise on any of the items above, feel free to get in touch by [email](#) or call 01479 420020 or 1-866-740-3890 from North America.

Our Essential Items Video

To learn more about the essential items you need to bring for open canoeing in Scotland, check out our video guide.

Open Canoeing Holidays

For our full range of Scottish open canoeing holidays please check out our [website](#).