

# Wilderness Walking

## Kit List

Wilderness Scotland



### 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
- Light insulation layer such as microfleece
- Heavier insulation layer to add in colder weather or when stopped (heavy fleece or lofting insulation such as down or synthetic down)
- Fully waterproof and breathable shell jacket

### Lower Body

- Lightweight, quick drying trousers
- Fully waterproof and breathable shell over-trousers
- Leg Gaiters

### Feet

- Waterproof walking boots with ankle support\* (trail shoes are not suitable)
- Hiking socks

### Head and Hands

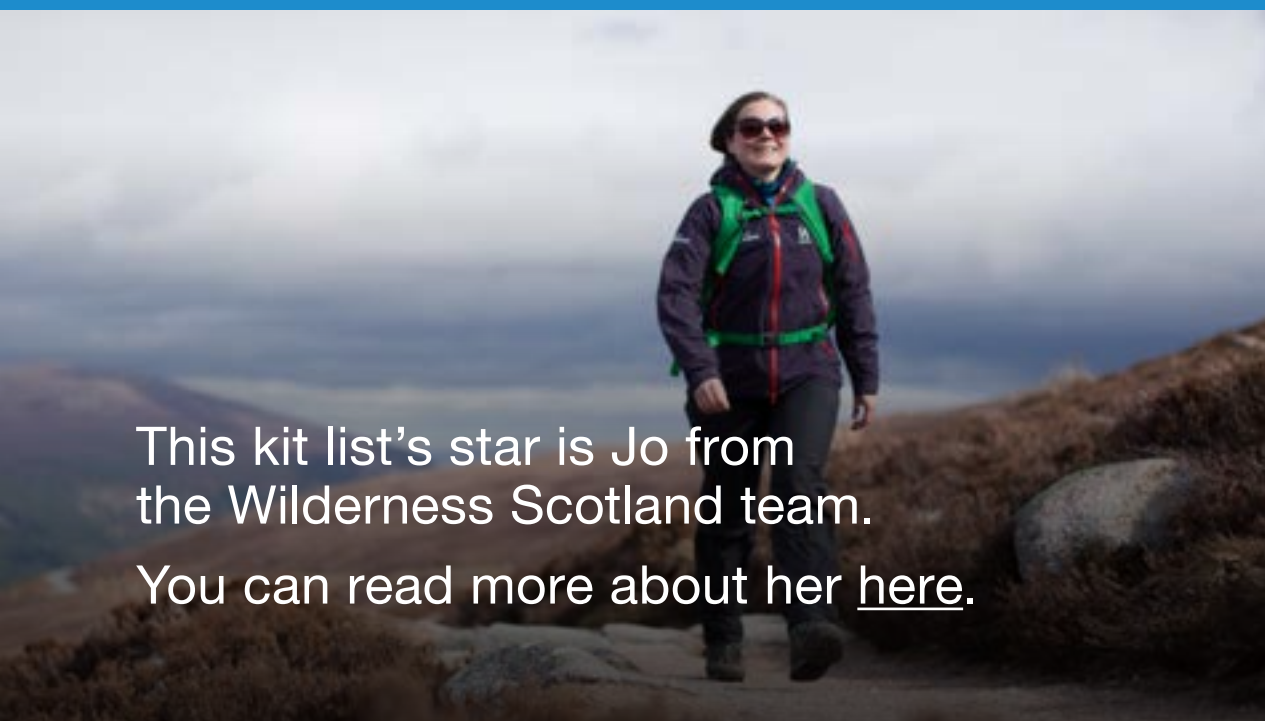
- Wool hat
- Gloves

### Essential Equipment to have while walking

- Water bottle or hydration bladder – 1-2L total capacity
- Small 'day' rucksack to carry clothes, equipment and food (25-35L capacity)
- Waterproof rucksack cover, or drybags to pack inside your rucksack
- Sun hat
- Sunglasses
- Sunscreen and lip balm

### Additional

- Personal wash kit
- Comfortable clothes for evening wear (casual dress code)

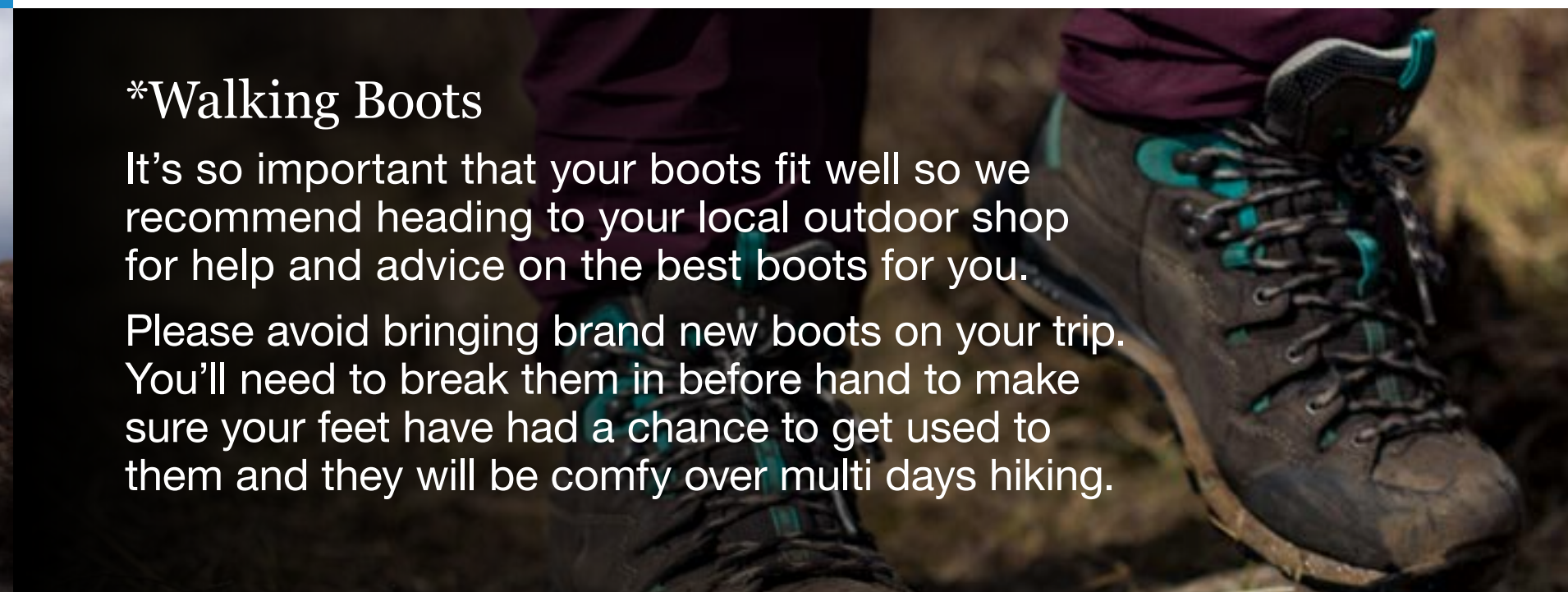


This kit list's star is Jo from the Wilderness Scotland team. You can read more about her [here](#).

### \*Walking Boots

It's so important that your boots fit well so we recommend heading to your local outdoor shop for help and advice on the best boots for you.

Please avoid bringing brand new boots on your trip. You'll need to break them in before hand to make sure your feet have had a chance to get used to them and they will be comfy over multi days hiking.



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.

### Recommended Optional Items:

- Personal blister kit
- Walking poles
- Sunscreen and lip balm: SPF 25+
- Camera (spare batteries, memory card)
- Binoculars
- Thermos flask
- Lunch box
- Plug adaptor
- Buff or Neck Gaiter
- Foldable sit mat
- Spare laces
- Midge net / insect repellent
- Mobile phone
- Swimming costume

### 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

Wilderness Scotland provides all group safety equipment such as first aid kit, emergency shelter, mobile phone, DeLorme satellite locator etc. These will be carried by your guide.

### Our Essential Items Video

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



### Questions?

If you wish to consult the Wilderness Team about what you need for walking in Scotland, or seek advice 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.

### Walking Holidays

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