

# Packing Checklist

## Scotland Hiking Adventure

---

Come prepared for all kinds of weather! Choose dual-purpose, lightweight clothing that you can efficiently layer. Merino wool and synthetic fabrics like polar fleece are recommended over anything cotton or denim for their quick-drying and sweat-wicking capabilities.

If you're not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!



**Hot tip:** Before your trip, become well-acquainted with your gear—especially your hiking boots, poles (if desired) and backpack. Wear your day pack on training hikes and gradually increase the weight that you are carrying so when you strike off on day one, your pack feels snug like your favourite pair of jeans!



**Hiking Poles:** Hiking poles will be available for you to use throughout the trip but if you wish to bring your own, that's okay! Check your airline restrictions as many carriers don't allow hiking poles as carry on and your bag will have to be checked.

## Required Items

---

- Main piece of luggage: a sports bag with wheels, a soft-sided suitcase or backpack (30-50L)
- Small daypack (10-20L). This will be for carrying water, a packed lunch, camera and rain gear. Backpacks with a waist and chest strap are recommended for long days in the hills to alleviate weight from your shoulders. A snug rain cover for your daypack is recommended.
- Hiking boots: Ensure they are well-loved (worn-in) and waterproof. Due to the terrain, boots are required, no shoes, please!
- Trail runners/running shoes: as an alternate option to change into when your boots are soggy!
- Sandals/sport water shoes for kayaking, evenings or casual wear around hotels
- Socks: 3 or 4 pairs—opt for merino brands like Smartwool or Darn Tough
- Waterproof, breathable hooded jacket and pants. There is a 100% guarantee that it WILL rain in Scotland, so your rain gear MUST BE waterproof!
- Fleece/down jacket/wool sweater: one or two
- T-shirts: 2-3, cotton and/or quick-dry
- Long-sleeve shirts: 1-3, cotton and/or quick-dry
- Lightweight pants: 1-2 pairs, at least one quick-dry pair is recommended
- Shorts: 1-3 pairs, some cotton, some quick-dry
- Underwear and good support, comfortable bras as needed
- Pyjamas
- Sun hat/baseball cap
- Warm hat: wool/fleece
- Fleece gloves or mitts (especially if using hiking poles)
- Sunglasses: with a retainer strap (optional)

- Water bottles, Camelback or similar: need to be able to carry 2-3L per day. Another alternative would be the [Grayl water treatment system](#).
- Toiletries: shampoo, conditioner, toothbrush, toothpaste, soap, facecloth (if desired), glasses/lenses, feminine hygiene products, wet wipes, hand sanitizer etc.
- Prescription medications: Bring in duplicate and pack separately
- Sunscreen and Insect Repellent
- Ziploc baggies (various sizes), dry bags for waterproofing your daypack contents
- Ear plugs (recommended for shared rooms)
- Charger, adapter plug for electronics (220V compatible with plug adapter for Scotland)
- Alcohol-based sanitizer and face masks

## Optional Items

---

- Hiking gaiters: they will keep your boots and socks dry on the muddy, boggy trails
- Dress/skirt/favourite jeans/fancy-casual top (for restaurant dinners each night and/or if you're extending your stay in Scotland)
- Bandana/Buff
- Small camp towel
- Small pillow
- Camera: memory cards and batteries/charger
- Binoculars
- Headlamp
- Travel alarm clock (if you don't have a Smartphone)

- Pencil, notebook/journal/sketchbook
- iPod or tablet (if you don't have a Smartphone)
- Reading material
- Personal First Aid Kit (Ibuprofen/ASA, Band-aids, second skin, adhesive tape, antihistamines, anti-nausea tablets, Polysporin, Imodium, throat lozenges, extra prescription medication you may be taking—pack it separately), blister kit if you're prone (2nd Skin, Compeeds or moleskin).
- Energy snacks and drinks: Snacks will be provided but you may wish to bring an emergency "hangry stash" if you have special dietary needs or personal favourites.

## Essential Documents

---

- Passport: stored in a waterproof wallet/Ziploc bag
- Copies of your passport, medical insurance, air tickets (pack separate from the originals)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary

# Packing Notes

---

## Luggage Logistics

---

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your hiking boots and fleece!). When packing your carry-on try to include what you would need to be comfortable for your first few days in case your checked baggage is misrouted by the airline (rain gear, medications, itinerary, snacks, change of socks/underwear).

As a general rule, don't bring more than you can carry! This will help ensure smooth-as-pudding transfers in airports, through customs, hotels, and loading vans/trailers/boats. On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. Most airlines have reduced the weight maximums for checked bags to 50lbs (22kg). Be sure to check with your airline for weight restrictions and carry-on allowances.

We recommend soft-sided luggage or a medium duffle bag or backpack of 30-50L (your checked bag) and a medium daypack of 20L (your carry-on bag) for most adventures.

Throughout your trip, your luggage is shuttled via support vehicle between the overnight stops.

## Resources for Buying Outdoor Gear & Clothing

---

- Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Variety/Value Village, Goodwill, Salvation Army and online swap sites are also great places to find second-hand gear for a fraction of the price.

**Reduce, Reuse, Recycle, Rewear!**