



WILD WOMEN


EXPEDITIONS


Scotland Horseback Riding Adventure

Packing Checklist

Gear Note: We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!

Fabric Note: We recommend that you choose multi-purpose, quick-dry clothing such as Patagonia Capilene (recycled polyester fabric) base layers and merino wool socks. Proper layering is essential! You can bring cotton or denim items but be aware that they won't be easy to wash or dry.

 **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!

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*), if you know you will never use it - think about how you travel and what works best for you.

Required Items

- Main luggage: suggested small-medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack
- Suitable footwear for riding i.e. hard, smooth sole and slight heel
- Small backpack for non-riding days
- Waist bag to carry personal items on riding days (you will have saddle bags for lunches and water bottles)
- Rain Gear: waterproof jacket and pants (a MUST have item)
- Re-fillable water bottle or Hydration pack - low profile to be worn under your shirt or jacket, such as this one by [Camelbak](#)

Recommended Items

- Sun hat (either a wide brimmed hat or baseball type cap)
- Lightweight warm hat/beanie (for autumn trips)
- Lightweight gloves (wool or polypro) (for autumn trips)
- Leather gloves for riding (lightweight work or gardening gloves also work well)
- Fleece, sweater or light jacket (for cooler nights)
- 1-2 pairs of Riding Breeches or comfortable stretchy pants for riding in
- 3-4 t-shirts - merino wool or synthetic are best for all weather, cotton for sunny and warm days (adjust quantity to your preference)
- 1-2 long sleeved shirts - merino wool or synthetic - that could be layered for cooler riding days
- 1-2 SPF shirt with pockets for riding
- Leather or synthetic half chaps
- 3 pairs of wool or polypro socks for riding
- Underwear, ideally with minimal seams
- Sports bra(s)
- Riding helmet - we recommend you bring your own, but may borrow one if necessary. Sizing and style not guaranteed.

- Bandana or neck gaiter (good for extra sun and dust protection)
- Comfortable casual clothing for evenings and non-riding days
- Lightweight walking shoes and/or sandals for non-riding days
- Indoor shoes/slippers for the evenings
- Pajamas
- Insect repellent
- Chafing cream or powder (found in bicycle shops)
- Sunscreen (SPF 15+), lip balm with sunscreen
- Basic Personal toiletries - toothbrush, toothpaste, soap, hairbrush, glasses/lenses, feminine hygiene products, wet wipes, hand sanitizer etc.
- Prescription medications (*bring in duplicate and pack separately),
- Sunglasses
- Small flashlight or headlamp with extra batteries
- Charging cables and/or portable battery/power brick for charging phone and devices
- Sunglasses with a retainer strap
- Toiletries
- Quick-dry towel
- Ziploc bags for waterproofing items and for wet and dirty items
- Ear plugs (recommended for shared rooms)


Optional Items


- Energy snacks and drinks: snacks will be provided but if you have unique dietary needs or favourites, best to pack a few
- Pair of cycling shorts or padded underwear to help reduce sore bums and chafing
- Sarong or light scarf (light blanket/shoulder cover)
- Light down jacket/sweater with stuff sack (for autumn trips)
- Lightweight polypro thermal tops/bottoms (autumn trips)
- Small Pillow (for travelling)
- Binoculars (for bird watching)
- Pencil and Notebook/Journal (if that's your sort of thing)
- Reading material

Essential Documents

- Passport (with photocopies or stored on phone)

- Travel insurance (with photocopies or stored on phone)
- Airline tickets (with photocopies or stored on phone)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access on or printed, your preference)
- Any entry visas or vaccination certificates as required

 **Laundry note:** There are no laundry facilities available throughout the trip. If you're extending your stay, most hotels in your destination have laundry service.

 **Travel tip:** Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. hiking boots, fleece) and pack your raincoat, waterproof pants, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!