





WILD WOMEN


EXPEDITIONS


Scotland Hiking Adventure

Packing Checklist

 **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!

 **Luggage Logistics:** Checked luggage can get lost or delayed on the way to any destination. Prepare for this possibility by wearing items that are essential to your Wild Women Expeditions adventure. In your carry-on, pack a light jacket, change of clothes, snacks, toiletries, water bottle, medications, camera, and all paperwork. Depending on group size, luggage space in vehicles can be limited. Please use a small to medium-sized suitcase or duffel on rollers. Our best advice? Don't pack more than you can carry!

 **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*). Think about how you travel and what works best for you. If you know you'll never wear or use a particular item on this list, don't worry about it!

Required Items

- Main luggage: suggested small to 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 in the airport and from vehicles to your accommodation
- Small daypack (15-25L). 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
- Water bottle or CamelBak hydration system (1L size is good)
- Socks: 3 or 4 pairs—opt for merino brands like Smartwool or Darn Tough
- Waterproof, breathable hooded jacket and pants. It's pretty much guaranteed that it will rain in Scotland, so your rain gear must be waterproof!

Recommended Items

- Fleece/down jacket/wool sweater: one or two
- T-shirts: cotton and/or quick-dry
- Long-sleeve shirts: cotton and/or quick-dry
- Lightweight pants: at least one quick-dry pair is recommended
- Shorts: cotton or quick-dry
- Underwear and bras as needed
- Pyjamas
- Brimmed sun hat/baseball cap
- Warm hat: wool/fleece
- Bandana/Buff
- Lightweight fleece gloves or mitts (especially if using hiking poles)


- Sunglasses: with a retainer strap (optional)
- Toiletries
- Prescription medications: Bring in duplicate and pack separately
- Sunscreen and Insect Repellent
- Ziploc baggies (various sizes), or 5L 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)
- Prescriptions, if applicable (bring in duplicate and pack separately – in the event you lose a set of medication)
- Basic Personal First Aid Kit
- Smartphone with charger, converter, external battery

Optional Items

- Snacks (Snacks will be provided but you may wish to bring an emergency “hangry stash” if you have special dietary needs or personal favourites.)
- Electrolyte drink mix (to aid in rehydration)
- Hiking gaiters: they will keep your boots and socks dry on the muddy, boggy trails
- Additional ‘casual’ travel wear as desired
- Small camp towel
- Book, journal, sketchbook, pen/pencil (if you do these sorts of things)
- Binoculars
- Insect repellent


Essential Documents

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

 Note: Pack photocopies of travel documents separate from originals (or save to your phone) in the event that your baggage is lost or delayed.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Thrift stores and online swap sites are also great places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Rewear!

 **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!