






Scotland Horseback Riding Tour

Packing Checklist

 **Fabric Note:** We recommend that you choose multi-purpose, quick-dry clothing such as merino wool or synthetic fabrics. Proper layering is essential! You can bring cotton or denim items but be aware that they won't be easy to wash or dry.

 **Laundry Note:** There are no laundry facilities available throughout the trip.

 **Luggage Note:** Checked luggage can get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. riding 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.

 **Weather Note:** Weather in Scotland can change from moment to moment. Be prepared for everything from rainy and windy to a warm sunny day.

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. boots with a 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
- ☐ Re-fillable water bottle

Recommended Items

- ☐ Sun hat
- ☐ Lightweight warm hat/beanie
- ☐ Riding gloves (lightweight work or gardening gloves also work well)
- ☐ Fleece, sweater or light jacket
- ☐ 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 days
- ☐ 1-2 SPF shirts for riding
- ☐ Leather or synthetic half chaps
- ☐ 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 to wear in the farmhouse
- ☐ Pajamas
- ☐ Sunscreen
- ☐ 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
- ☐ Ziploc bags for waterproofing items and for wet and dirty items
- ☐ Ear plugs (recommended for shared rooms)
- ☐ Charging cables and/or extra batteries for electronic devices plus adapters and converters. Note: The UK uses **Type G** plugs (not the European two-prong), and voltage is 230V. Most modern electronics (phones, laptops, camera gear) are dual voltage. Check your chargers—if they say “100-240V,” you’re good with just a plug adapter.

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
- ☐ Chafing cream or powder (found in bicycle shops)
- ☐ Personal first aid kit and blister kit
- ☐ Insect repellent
- ☐ Pencil and Notebook/Journal (if that’s your sort of thing)
- ☐ Portable battery/power bank for charging phone and devices on the go
- ☐ 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

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!