

Packing Checklist

Scotland Horseback Riding Tour

Below is a list of recommended items to bring on your trip. Use your own judgement based on your personal habits and preferences as to whether, for instance, you pack a new t-shirt for each day, or switch it out once or twice during the trip.

Recommended Items

- Main piece of luggage
- 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)
- 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)
- Rain Gear: waterproof jacket and pants (a MUST have item)**
- 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
- Suitable footwear for riding i.e. hard, smooth sole and slight heel
- 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)
- 1-2 sets of 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
- Pyjamas
- Insect repellent
- Chafing cream or powder (found in bicycle shops)
- Sun screen and lip balm
- 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
- Re-fillable water bottle
- Personal first aid kit for any essential items that you know you'll need, such as Ibuprofen/ASA, Band-aids, adhesive tape, antihistamines, anti-nausea tablets, Polysporin, Imodium, throat lozenges, blister kit if you're prone (2nd Skin, Compeeds or moleskin). Your guides will carry a group first aid kit.
- Earplugs (recommended for shared rooms)

Optional Items

- Hydration pack - low profile to be worn under your shirt or jacket, such as this one by [Camelbak](#)
- Electrolytes, such as Nuun rehydration tablets
- 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
- Camera (or phone) with extra batteries and card
- Waterproof bag for phone or camera
- Small camp/sports towel
- Reading material
- Energy snacks and drinks: while snacks will be provided, you may like to bring some along too if you have special dietary needs or personal favourites.
- DIY RAT antigen test kits
- Disposable surgical face masks

Essential Documents

- Passport: stored in a waterproof wallet/ zip lock bag (if applicable)
- Passport copies: please bring a photocopy of your passport (if applicable)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary: your international and domestic itinerary and tickets (plus photocopies)

Packing Notes

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your adventure such as an active outfit and your riding boots. In your day pack (your carry on), you should bring a full change of clothes, your rain gear, toiletries, medications, camera and all paperwork, as well as:

Your Daypack Essentials are:

- Insect repellent
- Sunscreen at least SPF 15
- Lip balm with sunscreen
- Camera/phone
- Rain gear
- Refillable water bottle
- Snacks

Sun glasses

Personal medication- any medication you might need, for example an asthma inhaler, heart medication or for a diabetic; insulin, glucose etc.

Resources for Buying Outdoor Gear & Clothing

- **Mountain Equipment Co-op (Canada) or REI (USA):** Membership is required for both but so worth it! Both companies have great learning resources, so check them out!
- **Borrow:** Why buy when you can borrow from a friend?!
- **Variety/Value Village, Goodwill and Salvation Army** are also great places to find second-hand items like sports shirts and fleece sweaters that are quick-drying, for a fraction of the price! Reduce, Reuse, Recycle!