

# ADVENTURE



# KIT LIST

This Kit List is to help you pack and to make the most of your Outlook Adventures Scotland Experience.

Remember it is important to have plenty of old clothes that you do not mind getting wet or muddy!

## » GENERAL CLOTHING ESSENTIALS

- Sweatshirts/hoodies
- Casual trousers/jeans
- T-shirts & shorts
- Socks & underwear
- Suitable Nightwear
- Indoor shoes/trainers

## » OUTDOOR CLOTHING ESSENTIALS

- Walking boots
- Fleece/warm sweatshirts
- Waterproof jacket
- Waterproof trousers
- Walking trousers/tracksuit bottoms (Not jeans)
- Old trainers/sturdy footwear that can get wet
- 2 pair thick walking boot socks
- Hat & gloves

## » OTHER ESSENTIALS

- 2 towels
- Swimming kit (for under wetsuit)
- Wash kit, including **shampoo, toothpaste** etc
- Small personal first aid kit inc blister plasters
- Water Bottle, non-breakable
- Small day sack

## » RECOMMENDED/OPTIONAL ITEMS

- Money for visits to shops
- Sunglasses
- Drinks Flask, non-breakable
- Insect repellent/anti-midge cream
- Sun cream, after sun & sun hat/baseball cap
- Torch
- Flip Flops
- Inexpensive/disposable camera
- Bin bag for bringing wet or muddy kit home

## » PACKING TIPS!

- 1] Make sure your belongings are clearly named where possible.
  
- 2] Tick the items off as you pack them, and bring this list with you so you have a record of what you brought. This will help you pack again for returning home.
  
- 3] Don't get someone to pack your bag for you—make sure you lend a hand so you know what you have with you!

## » LEAVE AT HOME

We ask that you DO NOT bring expensive electronic devices with you.

## » PERSONAL TECHNICAL EQUIPMENT

If you have any technical equipment of your own i.e bike helmet, stove etc. please check with us to confirm that it is suitable for the specific activity.

## » SPECIALIST EQUIPMENT

We will provide all specialist adventure activity equipment such as helmets & harnesses, wetsuits etc

