

Arc Guiding Equipment List

Below is a kit list appropriate to your chosen activity. Although good kit will make your activity much more comfortable, please don't feel you have to spend a fortune on top of the range equipment. Some items can be borrowed or hired (subject to availability). Please ask if you have any questions.	Wildlife Guiding (summer, walking)	Category	Notes		Can be hired, or available for use through Arc Guiding?
Clothing for wildlife watching	Yes	Note	Subdued colours (greens, browns, greys, etc) are recommended but not essential.		
Fieldguides	Yes	Books	Field guides will be available.	Optional	Yes
Notebook	Yes	Books		Optional	
Waterproof Jacket	Yes	Clothing	Goretex, Event, Paramo and Ventile are good materials. Ensure it	Essential	
Waterproof trousers	Yes	Clothing	Side zips can be very useful.	Optional	
Warm layers	Yes	Clothing	Fleece and/or woollen layers.	Essential	
Warm hat	Yes	Clothing		Recommended	
Gloves	Yes	Clothing	Several pairs for winter activities.	Recommended	
Trekking trousers / leggings	Yes	Clothing	Quick drying and windproof Recommended to reduce risk of tick	Recommended	
Baselayer(s)	Yes	Clothing	Synthetic / merino / bamboo are much more comfortable than cotton.	Recommended	
Trekking shirt	Yes	Clothing		Optional	
Sun hat / buff / cap	Yes	Clothing		Recommended	
Buff / scarf	Yes	Clothing		Optional	
Gaiters	Yes	Clothing		Optional	
Walking socks	Yes	Clothing		Essential	
Walking boots	Yes	Footwear	Essential for hillwalking and remote areas Ensure they have a	Recommended	
Approach shoes	Yes	Footwear		Optional	
Binoculars	Yes	Optics	8x42, 7x32 (or similar) are good general sizes. Smaller or larger	Essential	Yes
Camera	Yes	Optics	Personal choice. 'Bridge' / 'Superzoom compact' cameras offer a great degree of flexibility.	Optional	
Digiscoping equipment	Yes	Optics	Personal choice.	Optional	Yes
Telescope	Yes	Optics	Personal choice. Ensure the tripod can cope with strong wind.	Optional	Yes
Tripod (& carrier)	Yes	Optics		Optional	
Handlens	Yes	Optics	Handy especially for those interested in Botany / Insects.	Optional	
Lens cloths	Yes	Optics		Recommended	
Walking poles	Yes	Outdoor equipment		Optional	
Rucksack	Yes	Outdoor equipment	30 plus litres recommended.	Essential	
Spare batteries/charger	Yes	Outdoor equipment	Essential. Items may be charged in the car if you have compatible equipment.	Recommended	
Thermos flask	Yes	Outdoor equipment		Optional	
Drink bottle or Hydration bladder	Yes	Outdoor equipment	Drinking tubes tend to freeze in winter conditions.	Essential	
Sunscreen	Yes	Personal items		Recommended	
Sunglasses	Yes	Personal items		Recommended	
Personal medication	Yes	Personal items	As required	Essential	
Seasickness medication	Yes	Personal items	As required. Patches, wrist bands and tablets are all effective. Check with your GP / pharmacist.	Optional	
Midge repellent	Yes	Personal items		Recommended	
Money, credit, debit cards.	Yes	Personal items		Essential	
RSPB membership card	Yes	Personal items		Optional	
Warm jacket	Yes	Clothing	Belay' or down jackets can provide good warmth during a lunch stop.	Optional	
Map	Yes	Books	Ask for details	Optional	Yes
Jackets for biking and mountaineering		Note	Winter Skills courses : consider a spare for use when sliding		