

Item	Hire locally?	Client notes	Category	Walk (Client)
Reference / Guidebooks		Various guidebooks can be supplied for client use.	<i>Books/ebooks</i>	Optional
Baseball cap		If warm and sunny or you're a glasses wearer.	<i>Clothing</i>	Optional
Baselayer(s)		A synthetic/merino wool next-to-skin layer is generally far more comfortable. Cotton is better for sheltered summer conditions, as it dries slowly.	<i>Clothing</i>	Essential
Buff		Great for keeping the head and face warm. Alternatively, a scarf.	<i>Clothing</i>	Optional
Gloves, walking/mountaineering/ski			<i>Clothing</i>	Essential
Hat		Fleece/wool.	<i>Clothing</i>	Essential
Jacket, insulated		A down or synthetic jacket is highly recommended. Down is a bit lighter and warmer, but synthetic less affected by wet weather.	<i>Clothing</i>	Optional
Jacket, waterproof		Goretex, Drilite, Paramo, Hydroshell, Ventile, etc are all good. Ensure it has taped seams (does not apply to Paramo) and a hood.	<i>Clothing</i>	Essential
Mid layer(s)		Fleece or wool. Don't underestimate how chilly it can become in the Highlands!	<i>Clothing</i>	Essential
Socks, walking			<i>Clothing</i>	Essential
Trousers, trekking (belt)		Quick drying and windproof synthetic or polycotton 'trekking' type trousers are ideal. Jeans not recommended because they are slow drying.	<i>Clothing</i>	Essential
Trousers, waterproof		Gore 'Windstopper' softshell is a good alternative.	<i>Clothing</i>	Optional
Camera		Check for spares and rain protection.	<i>Electronics</i>	Optional
Sunglasses			<i>Eyewear</i>	Optional
High energy snacks		Avoid those with lots of fiddly wrappers!	<i>Food</i>	Optional
Gaiters		Excellent for deep snow or muddy conditions.	<i>Footwear</i>	Optional
Shoes, walking			<i>Footwear</i>	Optional
Lunch			<i>Food</i>	Essential
Boots (walking)	Yes	Leather or waterproof-lined fabric. Check about crampon compatibility if a winter mountain booking. Walking shoes may be suitable for low-level use.	<i>Footwear</i>	Essential
Medication, personal		If, required, ensure you have any medications (including spares). Enquire for guidance.	<i>Personal</i>	Essential
Drink bottle			<i>Hydration</i>	Essential
Wallet			<i>Money</i>	Optional
Thermos Flask			<i>Hydration</i>	Optional
Cash, personal (GBP)			<i>Money</i>	Optional
Poles	Yes	Telescopic (or ski poles if skiing).	<i>Mountain hardware</i>	Optional
Binoculars	Yes	Recommended 8x42 or 7x42. Pocket sized models can be quite frustrating to use.	<i>Optics</i>	Wildlife
Digiscoping adapter		Optional item.	<i>Optics</i>	Wildlife
Lens cloth(s)			<i>Optics</i>	Wildlife
Telescope		Optional item. Zoom eyepiece is handy. Guide telescope is available for client use.	<i>Optics</i>	Wildlife
Tripod		Essential if using a tripod. Beware 'backpack' style carriers can be very susceptible to the wind.	<i>Optics</i>	Wildlife
Tripod sling		Optional item.	<i>Optics</i>	Wildlife
Map(s)			<i>Navigation</i>	Optional
Pack (size 10-30L)			<i>Packs</i>	Essential
Waterproof rucksack liner		Very few rucksacks are waterproof and 'rain covers' rarely work in prolonged downpours.	<i>Packs</i>	Optional
Drybag(s)		Roll-top drybags will keep your kit dry. Strong carrier/rubble bags are also effective.	<i>Packs</i>	Optional
Multitool		Or penknife. Check it has the attachments/bits you need.	<i>Repair</i>	Optional
Sit/bivvy mat			<i>Survival</i>	Optional
Suncream			<i>Toiletries</i>	Optional