

### Camp Equipment (provided for you)

- Tent
- Sleeping bag
- Camping mat
- Drybags to store clothes etc.
- Headtorch
- Spork
- Bowl/mug
- Stove
- Gas
- Midge net
- Trekking towel
- Biodegradable soap
- Camp trowel
- Biodegradable toilet paper
- First Aid kit

### Personal Clothing

- Lightweight walking trousers or shorts
- Short sleeved base layer
- Long sleeved base layer
- Fleece or warmer layer
- Long sleeve thermal top and leggings (for sleeping in and a spare layer)
- 2 pairs of walking socks
- 2 pairs of pants (+ sports bra as required)
- Waterproof over trousers
- Waterproof jacket
- Insulated jacket e.g. down or synthetic insulation
- Warm hat/headband
- Gloves
- Sun hat/visor
- Sunglasses

### Personal Footwear

- Waterproof walking boots with good ankle support



## Other Items

- Map and compass
- Water bottle and filtration system  
We are lucky in the Highlands that a lot of water is safe to drink. However, this is never certain and sometimes it is best to take extra precautions. For this reason you may wish to use a water bottle with an inbuilt filtration system. You can purchase these at a very reasonable cost from <https://watertogo.eu/> use the code WRG25 for 25% discount.
- Camp pillow  
I have tried a lot of camping pillows over the years and personally I have never found anything more effective than stuffing a dry bag with my insulated jacket. However, there are plenty of different ones available so do feel free to bring one if this is your preference.
- Walking Poles  
I strongly recommend using walking poles for the trek. They are very useful over longer distances, especially when carrying a heavy bag. They help to distribute the effort more evenly across your body and can really reduce stress on the knees, especially in descent.
- Mobile Phone/ Camera & battery pack (optional)  
You are very welcome to bring a phone and/or camera on the trek. Please consider how you will keep these items dry in wet weather and bring a waterproof case as required. Cameras particularly can add significant weight to a pack so take this into account. Small, relatively lightweight chargers are readily available online and can be useful if you want to charge phones.

