



Gear List for Scottish Highlands Volunteer Trip

INTRODUCTION AND WEATHER

The key to staying comfortable while on an active trip is layering. To get maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list has been created to help you choose your equipment for the trip. The weather in Scotland can be highly variable, even within one day. It can be a mix of sunshine, mist, rainfall and wind. The average high temperature in September is 57° F. and the average low temperature is 45° F. It is very likely that it will rain. Volunteers work unless there are unusually severe weather conditions. Please come prepared for all possibilities and equipped with good lightweight raingear.

RECOMMENDED GEAR

OFFICIAL PAPERS

- Airline tickets, itinerary and confirmation
- Valid Passport and visa
- Proof of emergency medical and evacuation insurance

LUGGAGE

- Soft sided suitcase or duffel
- Small Daypack or fanny pack (approx. 2,000-2,500 cu. in.) to carry your lunch, camera, water bottles, extra clothing
- Passport pouch and money belt

OUTERWEAR

- Hooded rain/wind jacket, waterproof and breathable
- Rain pants, waterproof and breathable
- Rain cover or large plastic bag for your daypack

FOOTWEAR

- Sturdy hiking boots, waterproof, broken in, aggressive tread.
- Tall rain boots
- Comfortable shoes for travel & after-work wear

CLOTHING

- A few lightweight, casual, easily washable items for travel and wearing after work
- Fleece or wool jacket or sweater
- 2 pair warm pants you can work in, wool or synthetic and loose-fitting.
- Wool or synthetic thermal underwear
- Lightweight and synthetic long-sleeve shirt(s) for cool evening
- T-shirts, quick dry
- Hiking Socks (synthetic or wool)
- Underwear
- Sleepwear for mixed group exposure

CLOTHING ACCESSORIES

- Sun hat and retainer strap
- Wool or fleece hat
- Bandana
- Wool or fleece gloves
- Gaiters
- Leather gloves for work
- Safety glasses (or similar eye protection)

TRAVEL ACCESSORIES

- Two (2) one-quart water bottles or hydration system
- Plastic container(s) (reusable) for lunches
- Flashlight or headlamp and spare batteries/bulb
- Sunglasses and retainer strap
- Sunblock and lip balm
- Toiletry kit
- "Quick-dry" towel
- Personal prescription medication
- Personal first aid kit
- Insect repellent
- Electrical plug adapter

OPTIONAL FIELD GEAR

- Camera, and spare batteries
- Small binoculars
- Hiking stick or trekking poles
- Watch or clock with alarm
- Spare contact lenses or glasses
- Baby Wipes or hand sanitizer gel
- Reading and writing materials
- Plastic garbage bags to line duffel bag if it rains
- Plastic trowel for bathroom use while on the trail
- Light weight thermos for tea



Gear List for Scottish Highlands Volunteer Trip (Cont'd.)

Things to Consider

- Always pack essential items such as your passport, money, eyewear, medications and one set of spare clothes in your carry-on baggage, in case your luggage is delayed.

We are looking forward to enjoying this trip with you. If you have any questions about the gear list, please contact your trip leader at scotland@conservationvip.org