



## Holiday Equipment List

<b>To wear:</b>		<b>Tick when packed</b>
Short or long sleeve wicking shirt	Essential	
Trousers ( <b>not denim</b> )	Essential	
2 - 3 season walking boots	Essential	
Comfortable walking socks	Essential	
Shorts	Optional	
Gaiters	Optional	
<b>To carry:</b>		
30 - 35 Litre rucksack with liner	Essential	
100% waterproof and breathable jacket with hood ( <b>not a cape</b> )	Essential	
100% waterproof trousers or over-trousers	Essential	
Warm hat and gloves	Essential	
Fleece jacket	Essential	
Survival bag and whistle	Essential	
Small personal first aid kit	Essential	
Share of group safety equipment – supplied by C-N-Do	Essential	
Packed lunch (may be supplied - check your holiday information)	Essential	
Water container	Essential	
Sun cream screen	Essential	
Small plastic sandwich box	Recommended	
Sun hat	Recommended	
Sun glasses	Recommended	
Insect repellent	Recommended	
Thermos flask for hot drink	Optional	
Walking poles	Optional	
Map and compass	Optional	
Camera, binoculars	Optional	
<b>Items in a <u>small holdall</u> – maximum weight 10kg / 22lb (60x30x25cm / 24"x12"x10")</b>		
Change of clothing	Essential	
Overnight items and toiletries	Essential	
Personal medicines	Essential	
Comfortable shoes	Essential	
Change of walking socks	Essential	
Towel and soap if hostel based	Essential	
Torch if hostel based	Recommended	
Ear plugs if hostel based	Recommended	
NB: Sleeping bags are NOT required for hostel based holidays		

You must ensure that you are adequately clothed and equipped for your holiday. If you are short of any item, we have a small stock of equipment for hire for a small charge. Please return your equipment hire form as soon as possible as items are limited. Should you arrive for your holiday without items deemed to be essential for safety reasons, you may be required to hire them. We ask for your co-operation in helping to carry a share of the group safety equipment.

We are a Páramo Outdoor Clothing Premier Retailer and are pleased to offer holiday clients a 10% discount on purchases from our shop or online store.

Baggage space in our mini-buses is limited. Please do endeavour to ensure that your bag is of manageable proportions – one soft holdall or flight bag which should be **below 10kg (22lbs) in weight and at most 60x30x25cm (24"x12"x10") in size**, plus your rucksack. We would really appreciate it if you can keep within this limit to avoid us overloading our transport or compromising health and safety. If this is a problem you can store extra baggage at our office in Stirling.