



Holiday Equipment List

To wear:		Tick when packed
Warm long sleeved thermal vest	Essential	
Warm long sleeved wicking shirt	Essential	
Warm trousers or salopettes (NOT denim)	Essential	
4 season walking boots	Essential	
Comfortable walking socks	Essential	
Warm hat and gloves	Essential	
Gaiters	Essential	
Thermal long-john	Optional	
To carry:		
40 - 45 Litre rucksack with liner	Essential	
100% waterproof and breathable jacket with hood (NOT a cape)	Essential	
100% waterproof trousers or over-trousers	Essential	
Mitts	Essential	
Extra hat and gloves	Essential	
Fleece (fibre pile) jacket	Essential	
Extra warm clothing	Essential	
Survival bag and whistle	Essential	
Small personal first aid kit	Essential	
Head torch and spare batteries	Essential	
Ice axe – can be supplied if you let us know in advance	Essential	
Crampons – can be supplied if you let us know in advance	Essential	
Snow goggles	Essential	
Share of group safety equipment – supplied by C-N-Do	Essential	
Packed lunch - may be supplied - check your holiday information	Essential	
Thermos flask for hot drink	Essential	
Map and compass	Essential	
Sun cream	Essential	
Sun glasses	Recommended	
Walking poles	Recommended	
Small plastic sandwich box	Recommended	
Water container	Optional	
Camera, binoculars	Optional	
Items in a <u>small holdall</u> – maximum weight 10kg / 22lb (60x30x25cm / 24"x12"x10")		
Change of clothing	Essential	
Overnight items and toiletries	Essential	
Personal medicines	Essential	
Comfortable shoes	Essential	
Changes of walking socks	Essential	
Torch if hostel based	Essential	
Towel and soap if hostel based	Essential	
Ear plugs if hostel based	Recommended	
NB: Sleeping bags are NOT required on hostel based holiday		

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. Winter boots in particular are limited and not all sizes may be available. Should you arrive for your holiday without items deemed to be essential for safety reasons, you may be required to hire or purchase them. We ask for your co-operation in helping to carry a share of the group safety equipment.

C-N-Do is a Páramo Outdoor Clothing Premier Retailer and is 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.