



Holiday Equipment List

To wear:		Tick when packed
Short or long sleeve wicking shirt	Essential	
Trousers (NOT denim)	Essential	
3 season walking boots	Essential	
Comfortable walking socks	Essential	
Shorts	Optional	
Gaiters	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	
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	
Sheet sleeping bag – provided by C-N-Do *	Essential	
Overnight items (toothbrush and paste, soap, small towel, ear plugs) *	Essential	
Change of clothes (underwear, socks, shirt, trousers) *	Essential	
Torch *	Essential	
Share of food for evening meal and breakfast – provided by C-N-Do *	Essential	
Packed lunch - provided by C-N-Do	Essential	
Water container	Essential	
Small plastic sandwich box	Recommended	
Thermos flask for hot drink	Recommended	
Insect repellent	Recommended	
Map and compass	Recommended	
Sun cream	Recommended	
Sun glasses	Optional	
Sun hat	Optional	
Walking poles	Optional	
Camera, binoculars	Optional	
Items in a <i>small holdall</i> – maximum weight 10kg/22lb:		
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	
* These items only need to be carried on days 1 & 2 and 4 & 5.		
NB: Sleeping bags are NOT required		

On days 1 & 2 and 4 & 5 you will be carrying extra items for the overnight stays. These items may take up to 10 litres volume and weigh approximately 2kg. Surplus baggage will be taken by road but will not be available until the following night.

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 or purchase 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 (plus your rucksack) which should be **below 10kg (22lbs) in weight and at most 60x30x25cm (24"x12"x10")**. 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 your own risk) at our office in Stirling.