

Equipment List



Found below is a list of equipment that we highly recommend for all our activities. If you do not have any of the items listed, please chat to a member of the activities team before your activity date to avoid any confusion on the day.

Please be aware, that you may not be able to start an activity if you do not have the appropriate clothing. This will be for you/the groups personal safety and will be judged by the instructor on that day,

Key items for hill days that people get confused with and sometimes don't bring are walking boots for hill days and waterproof hard-shell trousers.

Kit for all activities:

- **Base-layer top, long sleeved or short.**
Synthetic material or merino wool. Running tops are ideal or even a football style t shirt.
- **Walking trousers - NO JEANS**
These should be lightweight, fast drying walking trousers/soft shell. Synthetic tracksuit bottoms are adequate.
- **Drinks bottle**
This should be 1 Litre Minimum.
- **Warm Layer x2**
One to wear and one for spare. A synthetic fleece or wool jumper is ideal. Cotton hoodies are not appropriate. A synthetic insulating jacket, such as Primaloft is a great booster layer.
- **Waterproof Jacket and trousers/hard shell gore tex.** Pacamac style clothing is NOT appropriate for mountain use.

Sea Kayaking additional kit:

- **Footwear to get wet, spare socks to get wet, swimming costume and towel.**
Shoes must have toe protection and a good sole. Old trainers are ideal. NO crocs, jelly-shoes, sandals etc.
- **Hat**
Warm woolly hat and/or sun-cap dependent on weather/season.

Mountain Guiding full day additional kit:

- **Hiking boots and good thick socks.**
Goretex linings are strongly recommended to keep your feet dry.
- **TRAINERS OR LOW-CUT SHOES ARE NOT APPROPRIATE FOR MOUNTAIN DAYS**
- **Warm hat & gloves**
- **Rucksack**
Big enough to fit in all kit on list as well as plenty of snacks; approx 30 Litres.

Archery and clay pigeon shooting will not require any equipment beyond good footwear and warm clothing as it's a less intensive activity so you can be colder.

Torridon top tip! Dress for the weather on the day and remember the weather changes faster here in Torridon!

Top helpful facts: Cotton soaks up to 20 times its weight in water which makes it heavy if it gets wet and uncomfortable for the wearer. Once wet it holds no heat whatsoever and you will get cold incredibly quickly.

Sphagnum moss also soaks up to 20 times its weight in water and we have lots of it here, hence waterproof boots please!

Gorge scrambling and snorkeling additional kit:

- **Swimming costume**
- **Towel**
- **Shoes you don't mind getting wet/old trainers**
- **Spare socks**

Mountain Biking and bike hire additional kit:

- **Good trainers with strong sole**
- **Consider cycling shorts if warm weather**
- **Small rucksack for drinks and spares approx 15 litres**

Low level guided walks additional kit:

- **Walking footwear**
Either boots or good walking shoes.:

Recommended seasonal extras:

- **Sunglasses**
- **Insect repellent**
'Smidge' is a Torridon recommendation and works against ticks too (lots of both here in Torridon!)
- **Flask if colder weather or if you like a cuppa**
- **Sun cream for the bluebird days**
- **Midge Net**

The outdoor team are here to help you have a fantastic adventure. Your help in turning up for your activity prepared, helps us enormously on the day and makes our planning easier and safer.

Remember:

"By preparing to prepare you are preparing for a purrfect day!"
Veshengo 2023