

# Sea Kayaking

Expedition  
Kit List

  
Wilderness  
Scotland





# Sea Kayaking - Essential Items

## Essential Items

On any adventure in the wild places some items of clothing and equipment are deemed essential. You may not need everything every day, but if the weather turns poor your safety and enjoyment could be compromised without these items.

Having the right equipment and clothing will have a big impact on how you enjoy your trip with us, so we have put together the following list to help you select the right gear.

We are happy to give additional advice so do not hesitate to contact us if you have any queries.

Ensure clothes are non cotton based

## Upper Body

- Moisture wicking base layer – synthetic or merino wool
- Heavier weight fleeces / jumpers such as microfleece
- Waterproof Jacket

## Lower Body

- Waterproof over-trousers
- Quick drying walking trousers
- Swimming costume / trunks (if the weather is nice)
- Shorts

## Feet

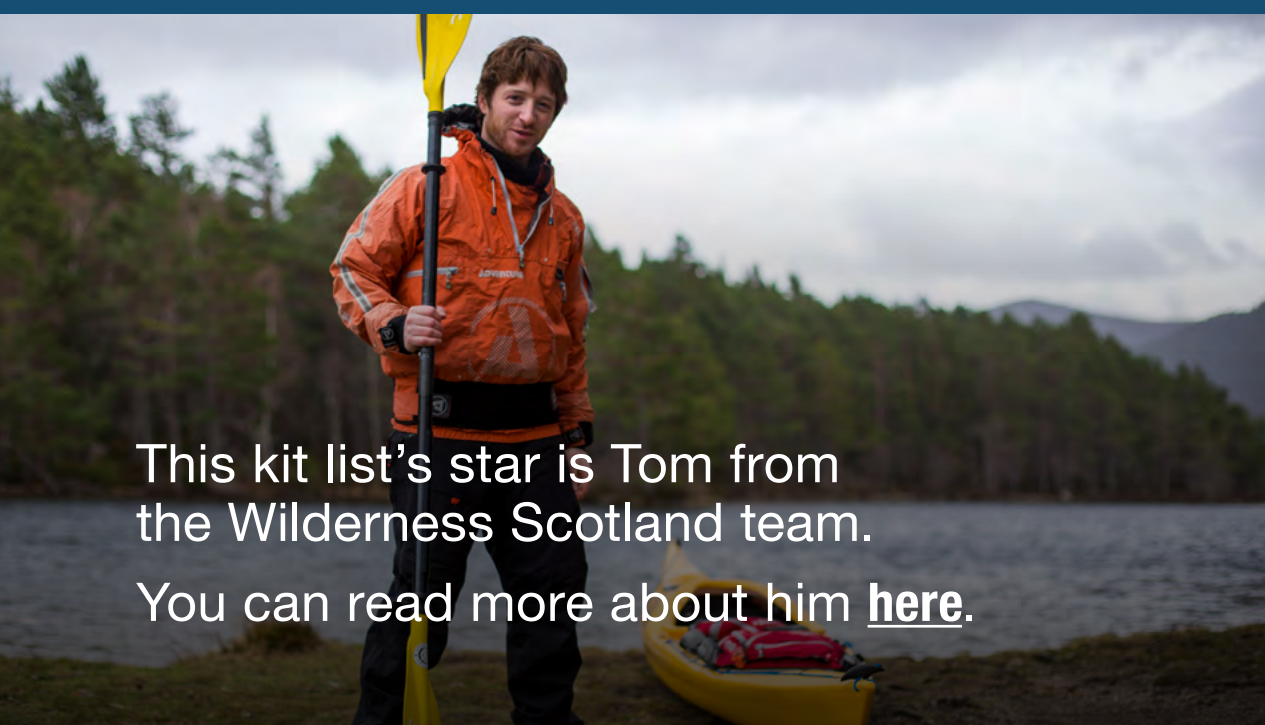
- Wetsuit socks, waterproof socks or warm wool socks
- Neoprene shoes, trainers or wellies

## Head and Hands

- Warm wool hat and sunhat
- Buff / neck gaiter
- Gloves (optional - we provide Pogies, which are mitts that fit over your hand and paddle-shaft)

## Essential Equipment to have while sea kayaking

- Water bottle or hydration bladder – 1-2 litre capacity
- Full change of clothes in the event of capsize
- Change of shoes for when you're on land
- Sunglasses with buoyant strap
- Sunscreen and lip balm
- Sleeping bag
- Sleeping mat
- Head torch



This kit list's star is Tom from the Wilderness Scotland team. You can read more about him [here](#).



Wilderness Scotland highly recommend the products of renowned outdoor clothing manufacturer [Haglöfs](#), who keep our guides warm and dry through the seasons with their superb clothing and equipment.

Haglöfs' industry-leading commitment to sustainability and the environment fits perfectly with our own ethos and their products come with a high level of functionality, good design and value for money to people who invest in an active outdoor lifestyle.



## Sea Kayaking - Additional Items

### Recommended Optional Items:

- Camera (spare batteries, memory card)
- Binoculars
- Plug adaptor
- Thermos flask
- Lunch box
- Insect repellent
- A dry cloth for wiping sunglasses
- Polythene bags for valuables (to keep within dry bags)
- Neoprene socks
- Gloves when not paddling
- Travel towel
- Antibacterial hand gel

### Personal First Aid Kit

Your guide will carry a comprehensive first aid kit, but you may wish to bring some of your own items for travelling. This is especially relevant to any specialist medication you may need.

- Personal medication
- Antiseptic ointment
- Plasters and small wound dressings
- Compeed or Moleskin for blisters
- Scissors, tweezers and safety pins
- Tick tweezers
- Anti-inflammatory e.g ibuprofen
- Analgesics e.g aspirin
- Anti-diarrhoea drugs e.g immodium
- Antihistamines
- Re-hydration salts or solution e.g Dioralyte
- Spare contact lenses and glasses (if appropriate)



### Group and Safety Equipment (Provided)

Wilderness Scotland will provide all necessary group equipment including: kayaks, paddles, cagoules, bouyancy aids, spraydecks and dry bags. We will also provide all group safety equipment such as first aid kit, midge nets emergency shelter, flares, mobile phone, DeLorme satellite locator etc which will be carried by your guide.

### Our Essential Items Video

To learn more about the essential items you need to bring for sea kayaking in Scotland, check out our video guide.



### Questions?

If you wish to consult the Wilderness Team about what you need for sea kayaking in Scotland, or seek advise on any of the items above, feel free to get in touch by [email](#) or call 01479 420020 or 1-866-740-3890 from North America.

### Sea Kayaking Holidays

For our full range of Scottish sea kayaking holidays please check out our [website](#).