

Equipment Checklist



During your stay you must be prepared to be outdoors for long periods of time. We hope you have good weather, but in the Islands of Scotland the climate can change rapidly. Much of the terrain is rocky, so correct outdoor wear is essential. Our staff will not take you out unless you are properly equipped.

NB: WE PROVIDE ALL BED LINEN (PILLOW CASE, DUVET COVER & SHEETS) FOR STUDENTS Non-feather pillows, duvets and extra blankets are also provided.

- Indoor shoes/trainers
- Towel (*towels are provided for Staff*)
- Wash kit (*Please do not bring aerosols as these can set off our fire alarm*)
- Waterproof clothing *
- Wellingtons *
- Walking boots or sturdy outdoor footwear
- Warm sweaters
- Warm trousers (*jeans become cold when wet*)
- Gloves, hats and scarves
- Thick socks (*should be long and comfortable. Bring several pairs in case they get wet*)
- Sun hat and sun glasses (*for Spring, Summer and Autumn courses*)
- Sandwich box
- Thermos flask
- Drinks bottle *
- Torch
- Pencils, pens, rubbers
- Personal medicines (*eg. paracetamol, asthma inhalers, hayfever tablets etc*)
- Sun cream

* *Items which may be hired from the Centre or bought from our shop*

Equipment you can borrow from the Centre (no need to reserve in advance)

Wellingtons They should be long, have a good tread and be big enough to wear with thick socks. Sizes 1-13 available



Waterproof Jacket Ours are 100% waterproof. Beware of lightweight ones that claim to be waterproof.

Waterproof trousers Must be 100% waterproof.

Small Rucksack Must be large enough to carry waterproofs when not in use as well as lunch, drink and spare clothes.



Hats and gloves Small but essential items, even in Summer.

Waterproof bag for Rucksack