

PACKING LIST - SCOTLAND

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Scotland. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

Scotland's spring and summer is from May to September. In May & September, temperatures range from 45-55 degrees F; in August, highs will be in the 60s. (It can be warm enough to wear a light shirt, or cold enough to send you looking for your down jacket!). Occasional light rain and drizzle can be common. Light woolens, polypropylene fabrics, and wind- and rain-proof clothing are essential. Dressing in layers works best in the UK's changeable weather. Casual clothes are ideal for all parts of this trip.

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack (25-35L) and rain cover or interior dry bags
- 1 pair waterproof hiking boots with ankle support
- Optional gaiters
- 3-5 pairs hiking socks (wool suggested)
- 1 set of moisture-wicking, synthetic or wool base layer (top and bottom)
- 2-3 long-sleeve shirts
- 2-3 short-sleeve shirts
- 2 pairs lightweight, quick-dry pants (convertible pants are nice in case there's a warm day)
- 1 lightweight sweater, vest, fleece, or puffy jacket or vest
- 1 medium-weight sweater, fleece, or puffy jacket
- 1-2 sets of comfortable clothes for evenings
- 1 waterproof/windproof jacket
- 1 pair waterproof rain pants
- 1 wool or fleece hat
- 1 pair wool or fleece gloves
- Underwear & bras
- Sleepwear
- 1 sun hat

- Sunglasses with case and strap
- Sunscreen and lip balm with SPF
- Water bottle (1-2L capacity)
- Eye mask/eye covering for sleeping (there is lots of daylight)
- Optional hiking poles

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down or print out your travel insurance number
- Optional locks for your luggage
- Travel alarm clock
- Optional binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Plug adapter (type G)
- Power bank/battery (optional)
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Small packet of tissues

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- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buff
- Reading material/journal and pens
- Masks/face coverings (1 per day suggested)
- Optional bug spray
- Masks/face coverings

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen - if you need one, don't forget to pack it!
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- At Home COVID tests

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.