



## Bivvy Trek Kit List

Below is the kit list for our Bivvy Treks. It is important you have all the 'must bring' items with you at the meeting point. If you cannot purchase/borrow any of the items included, please get in touch prior to the trek as we have a limited number of items available to use. Spare kit will be available on a first come basis so please don't leave it last minute if you require equipment.

### Equipment included by Trek Scotland

Below is a list of items we will provide you with on the morning of the trek. Some of which will be shared, some you will be asked to carry, and some your guide will carry.

- Lightweight Waterproof Bivvy Bag*
- Midge Net*
- Tarp*
- Cooking Stove and Accessories*
- Breakfast*
- Hot Drinks*
- Cup and Spork*
- Map and Compass*
- Whistle*
- Water Filtration System*
- First Aid Kit*
- Safety Equipment*
- Toilet Trowel*
- Lightweight Micro-Towel*
- Foam Sit Mat*

### What you need to bring: **Essential**

Nutrition: Depending on the length of your trek, 1 or two packed lunches, and snacks. We recommend high calorie cereal/chocolate bars. If you are setting off in the evening, we recommend you have a good meal before heading off. We will provide a hot breakfast.

Sleeping Bag: 3 Season sleeping bag or quilt, with a minimum comfort rating of 0 Degrees. This can be a down or synthetic fill. There is an argument that synthetic is a better option for use with bivvy bags as they keep their insulating properties even when wet, although you will get a better weight to warmth ratio from a down bag. Whichever choice you make, it is important to make sure your sleeping bag is kept dry at all times. An extra waterproof layer when stored in your pack is important as the included stuff sack is often not up to the job.  
Top tip – Boost a sleeping bags rating by adding a sleeping bag liner.

Sleeping Mat: Air mat or something similar (try to avoid the thin foam type roll mats) This can be a regular or short length mat with a R-Value rating of 2 or above. This will all depend on how much weight/bulk you would like to save. A shorter mat with a lower R-Value rating will be lower

in weight and pack size but may be less suitable to varying temperatures. Personally, we tend to go for a regular length mat.

Rucksack: This should be a mountain pack with shoulder and waist straps, and a volume of between 40 – 50 litres. If like us you often carry extra equipment, i.e., camera, small rope, etc, it would be advisable to purchase a pack at the higher end of the stated capacity. Body shape, back length, will be a factor when purchasing a pack and it would be best to test a number of packs in a reputable store before purchasing. It is also advantageous to have either a pack made of waterproof fabric or have an additional waterproof rucksack cover.

Water Bottle: A 1 litre water bottle which is made of sturdy plastic or lightweight metal. Your guide will provide filtration options to fill bottles with safe drinking water on route.

Headtorch: This should be a decent headtorch which will not fail in poor conditions. (Brands such as Petzl and Black Diamond offer great options) It should either be rechargeable, or battery powered. A set of spare batteries will also be needed. We place our headtorch (with additional batteries) into a small dry bag or plastic Ziplock sandwich bag in an easy to hand pocket.

Dry Kit: It is important to have a set of dry clothes to sleep in of an evening. Even on a warm dry day moisture will build up in your clothing. This will then transfer to your sleeping bag limiting its maximum performance. This can be a simple lightweight choice of clothing including just a t-shirt, spare underwear, and socks, made of a moisture wicking material such as Merino.

Wash Kit/Toiletries: A basic wash kit of toilet paper (must be bio-degradable, wet wipes must be placed in a bag and carried out), toothbrush and paste.

Dry Bags: Keeping kit dry is very important so a 2-layer system will ensure equipment is kept in the best condition even in the foulest of weather, (the first being protection for your rucksack, the second being dry bags with your gear inside). Dry bags in separate colours or writing on each bag also makes for better organisation and efficiency around camp. Ideally you want separate bags for;

- Sleeping bag and Mat
- Headtorch and Whistle
- Dry Kit
- Wash Kit
- Any additional layers including waterproofs, mid-layers, hat, and gloves
- Electronic Equipment

Large dry bag: This needs to be a very large dry bag (60-70 litres) or a heavy-duty bin liner. After setting up camp this waterproof layer will store away any additional kit you have including your rucksack. This will be placed directly on the ground so needs to be completely watertight.

Full set of waterproofs: These should include a mountain jacket with storm hood and waterproof trousers that can preferably be put on without taking your boots off. It is crucial that your waterproofs are waterproof and windproof! Test them by standing under the shower!

Three season walking boots: Importantly these should be waterproof, support your ankle, and have a vibram sole with good grip on both rock and vegetation. Make sure your boots fit correctly and are well worn in prior to your trek. We will carry blister treatments, but it's important that as soon as you notice any discomfort or hot spots to inform us, as early treatment is better.

Hat and gloves: Mountain weather is notoriously fickle. Potentially one moment like a hot summer's day, the next like midwinter. Make sure you pack hat and gloves that are warm,

windproof and, if possible, waterproof. A light weight sun hat, which will stay on in the wind, is also a good idea.

- Base layer: Short sleeve wicking T shirt – Merino wool or synthetic material. Not cotton.
- Mid layer: Long sleeve wicking T shirt – Merino wool or synthetic material. Not cotton.
- Additional warm layer: Fleece and/or a lightweight duvet jacket, down or synthetic
- Walking trousers: High wicking and not cotton. Some people prefer shorts over leggings.
- Walking socks: Carry a spare pair. Also consider a waterproof pair of socks such as SealSkins.
- Walking poles: Walking poles are required to set up the tarp. They are also invaluable when walking with a heavy pack. We may have spares available so please contact us prior to the trek if you require a set.
- OS Locate App: This is a free app which can be downloaded for multiple devices on separate platforms which will give you an accurate grid reference of your current location. If you do not use a smart phone don't worry as our guide will explain an alternative way to find your location using the map provided.

### Optional

*The below are items which are not essential to the trek although may offer some comfort.*

- Light weight trekking sandals or Crocs: Extremely useful for river crossings and giving your feet a rest from your boots at bivvy sites.
- Camera: Unless you are an avid photographer who needs a multitude of lenses, a lightweight compact would be the best choice, or use your phone.
- Reading material: Book or tablet. Some tablets double up as cameras, are lightweight and hold a charge for a long period, as well as providing a range of reading material. The best option is to put all your reading material on Kindle and have this as an App on your phone.
- Powerbank: A small portable powerbank which will charge a mobile phone or other electronic devices.