



## Gear List for Scottish Highlands Volunteer Trip

### INTRODUCTION AND WEATHER

The key to staying comfortable while on an active trip is layering. To get maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list has been created to help you choose your equipment for the trip. The weather in Scotland can be highly variable, even within one day. It can be a mix of sunshine, mist, rainfall and wind. It is very likely that it will rain. We will participate in volunteer projects outdoors unless there are unusually severe weather conditions. Please come prepared for all possibilities and equipped with good lightweight raingear.

### RECOMMENDED GEAR

#### OFFICIAL PAPERS

- Airline tickets, itinerary and confirmation
- Valid Passport and visa
- Proof of emergency medical and evacuation insurance

#### LUGGAGE

- Suitcase or duffel bag
- Small Daypack or fanny pack (approx. 2,000-2,500 cu. in.) to carry your lunch, camera, water bottles, extra clothing
- Passport pouch and money belt

#### OUTERWEAR

- Hooded rain/wind jacket, waterproof and breathable
- Rain pants, waterproof and breathable
- Rain cover or large plastic bag for your daypack

#### FOOTWEAR

- Sturdy hiking boots, waterproof, broken in, aggressive tread.
- Comfortable shoes for travel & after-work wear

#### CLOTHING

- A few lightweight, casual, easily washable items for travel and wearing after work
- Fleece or wool jacket or sweater
- 2 pair warm pants you can work in, wool or synthetic and loose-fitting.
- Wool or synthetic thermal underwear
- Lightweight and synthetic long-sleeve shirt(s) for cool evening
- T-shirts, quick dry
- Hiking Socks (synthetic or wool)
- Underwear
- Sleepwear for mixed group exposure

#### CLOTHING ACCESSORIES

- Sun hat and retainer strap
- Wool or fleece hat
- Bandana
- Wool or fleece gloves
- Gaiters
- Leather gloves for work
- Safety glasses (or similar eye protection)

#### TRAVEL ACCESSORIES

- Two (2) one-quart water bottles or hydration system
- Reusable plastic container(s) for lunches
- Flashlight or headlamp and spare batteries/bulb
- Sunglasses and retainer strap
- Sunblock and lip balm
- Toiletry kit
- "Quick-dry" towel
- Personal prescription medication
- Personal first aid kit
- Insect repellent
- Hand sanitizer gel, personal wipes and mask
- Electrical plug adapter

#### OPTIONAL FIELD GEAR

- Camera, and spare batteries
- Small binoculars
- Hiking stick or trekking poles
- Watch or clock with alarm
- Spare contact lenses or glasses
- Reading and writing materials
- Plastic garbage bags to line duffel bag if it rains
- Plastic trowel for bathroom use while on the trail
- Lightweight thermos for tea



## Gear List for Scottish Highlands Volunteer Trip (Cont'd.)

### Things to Consider

- Always pack essential items such as your passport, money, eyewear, medications and one set of spare clothes in your carry-on baggage, in case your luggage is delayed.
- We strongly encourage you to pack lightly and bring only what is necessary since we will be traveling, and you will have to move your own luggage.

We are looking forward to enjoying this trip with you. If you have any questions about the gear list, please contact Conservation Volunteers International Program at [info@conservationvip.org](mailto:info@conservationvip.org)