

The Great Glen

What kit do I need to bring?

- A good 30/40Ltr Rucksack
- Warm waterproof jacket & trousers
- 3 set of clothing for canoeing + spare set e.g.: base layer top, skins, light fleece or wool jumper, trousers
- Wet shoes (no flipflops or jelly shoes)
- Sturdy trainers (think rocky and heathery landscapes that need full foot protection)
- 3-4 pairs of warm full-length socks (not cotton i.e neoprene socks, wetsuit socks)
- Clothing for the pub
- Woolly hat & scarf
- Cap for paddling towards the sun
- Towel (big enough to get changed in)
- Sunglasses with glasses strap or string
- Fingerless cycling gloves or neoprene gloves
- Small cushion or travel pillow for comfort
- Cheap foam knee pads or camping mat to kneel on
- Personal medication if any
- Reusable water bottle
- Head torch with spare batteries
- Wash kit
- Suncream & lip balm
- Insect repellent
- Midge Net
- Book or playing cards