

Zenways Mountain Walking Retreat – Full Kit List

Minimum essentials to be carried each day in your rucksack:

- Waterproof jacket with a hood.
- Waterproof trousers.
- Spare thermal/fleece layers (one or more depending on conditions).
- Warm hat and gloves.
- Water-bottle or flask with drink.
- Re-usable lunch box.
- Packed lunch and spare snack.
- Personal first aid kit and medication.
- Sun cream.
- Midge repellent (can be bought locally eg: Totally Herby, Avon Skin So Soft, Smidge).
- Toilet roll.



Minimum essentials to be worn each day:

- Comfortable walking trousers – not jeans (these are slow to dry and uncomfortable if they are wet).
- T-shirt/base layer (one that will ‘wick’ away moisture, preferably not cotton).
- Fleece top/mid layer.
- Thick socks.
- Walking boots – make sure these are well fitting, with good grip and ankle support.

Optional extras:

- Camera.
- Binoculars.
- Midge net.
- Sunhat/peaked cap.
- Sit mat.
- Trekking poles.
- Gaiters.
- Shorts.
- Carrier bags/waterproof bags to keep spare clothes dry inside your rucksack.
- Swimsuit (in case you fancy a quick wild swim!).

Other useful items:

- Your bed linen is provided by the hostel but you need to bring your own towel.
- Ear plugs.

Please note: the walk leader will not take you on the hike if you are not suitably equipped.

If you have questions about your equipment get in touch before the retreat. Email Penny at mountainyogakinlochleven@postmaster.co.uk

