

What to bring

For activities

3 sets of old clothes including...

Warm jerseys or fleece jackets or tracksuit tops

Trousers or tracksuit bottoms

Tshirts

Underwear

Thick socks

Swimming trunks/costume

Warm waterproof jacket with a hood

Waterproof over-trousers

Woolly hat, and gloves

Old trainers, for general use and kayaking

Wellington boots are handy

Walking boots or chunky trainers with deep cleated soles. (You can come without boots, and use wellies instead, but they can be uncomfortable and slippery on wet rocks.)

Pair of general purpose trainers

High factor sun barrier cream and sun hat

Torch with fresh batteries

Midge repellent

Notebook and pencil

For inside

Wash kit, and two smallish towels

Pyjamas

3 bin-liners to take home your wet muddy clothes and trainers

Indoor shoes or slippers

Water bottle and lunch box

For your journey to Raasay

Travel money and pocket money (Remember our shop which sells snacks and souvenirs)

Tickets, emergency telephone numbers, etc

Optional items

These might be useful but are NOT vital

Camera

Binoculars

Anti-midge head-net (NOT a mosquito net as the holes in the mesh are usually too big)

Small musical instrument

