

"THE RIGHT GEAR CAN TURN A CHALLENGING TREK INTO AN UNFORGETTABLE ADVENTURE."

THE WEST HIGHLAND WAY TREK KIT LIST

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Expect the unexpected on this trip. While we would love to guarantee warm, sunny weather for the West Highland Way trek, we can't. Weather can change quickly and you can go from warm and dry, to wet and cold in a matter of hours so being prepared is critical. Make sure you've got plenty of layers and we strongly advise that those layers are high quality. That said, you've got to find a balance between being prepared and not carrying too much weight. You can spend anywhere from 5-10 hours on your feet a day so you will thank yourself for not overpacking on this trip.

Below is a list of our recommended kit for your trip. As always, if you have any questions or concerns then drop us a message.

KEY CLOTHING ITEMS

SUMMARY:

- **Hard-shell Waterproof shell jacket (GORE-TEX or similar)**
- **Down or Synthetic warm jacket**
- **Mid layers (fleece or similar)**
- **Trekking t-shirts x 2**
- **T-shirts for the refuges x1**
- **Hiking shorts x 1**
- **Walking trousers x 1**
- **Waterproof trousers**
- **Boots or trail shoes**
- **Socks x 3-4**
- **Flip flops (Optional)**
- **Warm hat**
- **Sun hat**
- **Buff**

- **Sunglasses**
- **Head torch**
- **Sunscreen SPF 50+**
- **Lip balm SPF 30+**
- **Thin gloves**
- **30-35L backpack**
- **Rucksack rain Cover**
- **Trekking poles (optional)**
- **Water bottle (1.5-2L)**
- **Snacks (Nuts, bars, chocolate)**
- **Toiletries**
- **Small first aid kit (Blister plasters a must)**
- **Phone charger**
- **Pen knife**
- **Ziplock bags (Keep things dry)**
- **External battery charger**
- **Tic removal tool**
- **Midge head net**
- **Smidge insect repellent**

TOPS

- **Hard-shell Waterproof shell jacket (GORE-TEX or similar)**

A hardshell jacket is one of your key pieces of kit. Make sure it's big enough to wear over multiple layers and that it comes with a hood. You'll use this if the weather becomes a little wild and you need protection from wind and snow. Something like: The 'Hodr', 'Grim' or 'Odin' Jottnar hardshell jacket.

- **Down or Synthetic warm jacket**

A synthetic down jacket comes in handy when an extra layer of warmth is required, which can also be removed easily when too warm. You will also use it for wearing in the evenings at the hotels or popping outside for a view of the night sky. Something like: The 'Asger' or 'Floyen' jackets from Jottnar are ideal.

- **Mid layers (fleece or similar)**

There are a few options here depending on your preferences but this needs to be either a warm fleece or a thicker base layer item. This is one of your key insulating layers so something comfortable and technical is recommended. Something like: The 'Erling' or 'Heimdall' from Jottnar.

- **Trekking t-shirts x 2**

Trekking T-Shirts / Tops are what you're likely to spend the majority of your time in. The West Highland Way Trek is often completed in the summer so days can get hot. A couple of high wicking options are best here.

- **Cotton T-Shirts x1**

It's nice to change into a comfortable cotton t-shirt to relax in at the hotels so you can dry out your sweaty base layer from the day!

BOTTOMS

- **Hiking shorts x 1**

- **Walking trousers x 1**

Don't underestimate a good set of hiking shorts / trousers. You're looking for something that's going to get rid of sweat and not chafe, while provide you with good pocket options for on the go items like snacks and maps. Something like: The Patagonia Quandary Shorts

- **Waterproof trousers**

Hopefully you won't need them but for when you do, you'll be grateful. It's simple, get a pair of trousers that keep the water out. Something like: Torrentshell 3L pants by Patagonia

FOOTWEAR

- **Boots or trail shoes**

We recommend a good pair of hiking boots with ankle support for this trip although it can also be done in trail shoes. With trail shoes you run the risk of potentially going over on your ankle which often means 'game over' for your West Highland Way Trek experience. Whatever you go for make sure you've worn them in properly. Beware of the blister... Something Like: The Salomon X Ultra or Quest.

- **Socks x 3-4 (merino wool is ideal)**

- **Flip flops (Optional)**

HEAD GEAR

- **Warm hat**
- **Sun hat**
- **Buff**

1 sun cap, 1 warm hat that covers your ears and 1 buff. The idea should be that if needed, you can cover every part of your face in bad weather and also keep yourself protected from the sun

- **Sunglasses**

We recommend carrying Cat. 3 sunglasses that offer 100% UV protection, such as VALLON Heron Mountain, or Waylons sunglasses.

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INSECTS AND BUGS

- **Tic removal tool**

- **Midge head net**
- **Smidge insect repellent**

If you're travelling between June and August we recommend carrying a Midge head net and and Smidge insect repellent. You can pick both of these up on the trail or in local outdoors shops but we always recommend getting them before. We also recommend a tic removal tool just in case one takes a shine to you.

ACCESSORIES / OTHER

- **30-35L backpack**
- **Rucksack rain Cover**

We recommend a backpack between 30-35 litres pack but it all depends on how you like to pack and what you like to bring. It should be large enough to carry all your equipment but light enough to keep the weight down. The backpack should have a waist strap and ideally come with a rain cover for those soggy days. Something like: The Talon or the Tempest from Osprey

See here for more information on which backpack is right for you.

- **Trekking poles**

Many West Highland Way trekkers do not feel the need for trekking poles. If you do want to bring them, they will help with some of the more technical sections rather. Ideally look for poles that collapse as you can then store them easily and securely in, or on your pack. Something like: Black Diamond Distance Trekking Poles

- **Water bottle (1.5-2L)**
- **Snacks (Nuts, bars, chocolate)**
- **Toiletries**
- **Small first aid kit (Blister plasters a must)**
- **Phone charger**
- **Pen knife**
- **Ziplock bags (Keep things dry)**

- **External battery charger**
- **Head torch**
- **Suncream**
- **Lip salve**
- **Thin gloves**