



## Isle of Skye Sea Kayaking & Hiking Expedition – Suggested Kit List

In Your Element will supply you with the following:

### Camping gear

- Tent.
- Inflatable sleeping mat.
- Cutlery, mug, bowl, plate.

### Equipment

- Kayak
- Small lightweight rucksack for the hike.

### Kayak kit

- Buoyancy aid.
- Spray deck and paddle.
- Waterproof paddling jacket & trousers.
- Waterproof dry-bags for personal kit.
- Neoprene Kayak Shoes (**on request**).

What we suggest that you take with you:

- Sleeping bag (3-4 seasons - Scotland can get quite chilly!). A sleeping bag liner is also worthwhile bringing if you have one, but not essential (for extra warmth and to help keep the sleeping bag clean)
- 1 set of paddling clothes (lightweight, quick drying trousers, warm socks, base layer top & fleece).
- 1 set of walking clothes (wool/ synthetic layers/ quick drying).
- Kayaking footwear - sturdy neoprene boots with robust soles for walking on rocky shorelines. Or sturdy shoes that you don't mind getting wet and some good neoprene socks to wear inside. Your feet will definitely get wet, and potentially cold depending on the weather.
- Gloves and a warm hat for the hike.
- 1 set of warm, evening clothes (clothes that you do not mind getting smoky and dirty).
- Waterproof Jacket & trousers for hiking.
- Spare socks, base layers & underwear.
- Waterproof, walking boots for the hike and for use in camp at night.
- Peaked sun hat/cap is useful for paddling.
- Sunglasses (Ideally with a retainer or a protective case).
- Sun cream/ Lip salve/after sun.
- Midge repellent spray and Midge head net/hood.
- Toothbrush, toothpaste, small biodegradable soap.
- Small travel towel.
- Swimming costume (if you're up for a wild swim or two).
- Torch (preferably head torch) & spare batteries.
- Camera (in waterproof bag if necessary).
- Water bottle 1 Litre minimum.
- A few of your favourite snacks if you think you'll need them (although we do feed you really well).

**\*\*\*Please note that cotton (hoodies) and denim (Jeans) clothing are not recommended \*\*\***

When packing your personal kit: sleeping bag, clothing, camera, phone charger, etc., please bear in mind that you will be squeezing all of this into a small sea kayak hatch along with a tent, group food, pots and pans, and fresh water supplies. It may come into contact with salty sea water. So please travel as light as you can, and **please consider leaving behind high value items.**

We will need to carry the boats to and from the water and cannot guarantee things will stay dry. Although we provide some 30-litre dry bags, if you can bring along some smaller dry bags (or similar) of your own, this will help keep your personal things organized and add another level of protection against the damp.

If you have any questions about what to take with you or the suitability of any personal pieces of kit, then please feel free to call us on **0333 600 6008** or email **fun@iye.scot**.