



# WANDER BEYOND

Adventure Travel

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## The West Highland Way Scotland Packing List

### On the Trail

Day pack 30-50 Liters (Osprey's Talon 33 or 44 a good option)  
Waterproof pack cover or waterproof bags for inside your pack  
1 Liter water bottle (to hold an energy drink)  
Hydration bladder 2-3 Liters for water  
Headlamp (with extra batteries)  
Zip-lock bags or stuff sack(s) to keep lunch/snacks contained  
Map/Compass (optional)  
Portable phone charger

### Basic Clothing and Misc. Items

Rain Gear: Jacket and Pants. Must be waterproof!  
Wool, Fleece, or Down Jacket (should fit under rain gear)  
Underwear  
Long Underwear: 2 pairs wool or synthetic  
Pants: 2 pairs quick drying  
Shorts: 1 pair quick drying  
T-Shirts: 2-3 pairs wool or synthetic  
Long-Sleeve Shirts: 2 pairs to fit over t-shirt or long underwear  
Wool/wicking socks (4-5 pair, light to medium cushion)  
Lightweight gloves/mittens with a waterproof shell  
Warm Hat  
Baseball Cap/ Sun Hat  
Sunglasses  
Waterproof hiking shoes/boots (Broken in!)  
Gaiters  
Toiletries, Toothbrush/Paste, Glasses/Contacts, Prescription Meds, Feminine Hygiene Products  
Small First Aid Kit with blister prevention/treatment and over-the-counter medications  
Journal (optional)

### Personal Luggage/Suitcase that will be transported to each Inn

Can't exceed 44 lbs. Can be carry-on size or checked baggage size.

Can include casual clothes/shoes for dinner/shopping/sightseeing.  
Can include anything you won't need whilst hiking each day.