



SYHA Weekend Equipment List

All the GDPU SYHA weekends are in some of the more remote regions of Scotland. To ensure that you are adequately prepared, the following list of equipment has been specially prepared to ensure that you have the necessary equipment for you to enjoy your break.

A basic list of the things you should bring for any SYHA weekend:-

- Warm outdoor clothing (Including a hat, gloves and scarf) the weather in Scotland can change rapidly and the temperature can fluctuate quickly. Think about several layers of thin garments; avoid wearing absorbent material next to the skin. (Cotton)
- Spare clothing for at the hostel and outdoors.
- Strong walking boots / shoes with good ankle support and a deep tread. Boots / shoes should be broken in. Casual footwear may be used for around the hostel.
- Wet weather gear (Gaiters, jacket, trousers, etc.)
- Good walking socks. (Minimum of three pairs)
Small first aid kit, including blister kit
- Personal medicines and toiletries
- Towels (Bath / hand)
- Food and drinks, cooking oil, condiments, butter etc. (Depends on local facilities)
- Personal drinks
- Water / drinks bottle and / or Thermos flask.
- Survival kit (Whistle, compass, waterproof matches, survival bag)
- Insect repellent. (Between June and Mid October)
- Small torch or head torch with spare batteries.
- Compass, GPS, maps, Guide books, reading material, MP3 player, phone & charger etc.
- Pens and paper
- Drinks bottle
- Day Sack (25Ltr minimum) for field trips
- Polythene bag for dirty clothes / spare clothes
- Plastic bin bags, small plastic food bags and elastic bands (Weather protection for your camera)
- Digital / Film camera - any sort or megapixel size
- Spare memory cards / film
- Extra lenses- if applicable
- Tripod or monopod
- Manual / instruction book for your camera (Just in case)
- Battery charging system, rechargeable battery or a supply of batteries
- Strong / outdoor camera bag
- Laptop / Notebook computer with photographic software, portable hard drive
- Binoculars / scope