



Clients Personal Equipment/Gear List

KAYAK / OPEN CANOE / SAILING	HILL WALKING / MOUNTAIN CRAFT / ROCK CLIMBING
<p>We Provide: All the “hard ware” like canoes / kayaks / sailing dinghies, paddles, buoyancy aids. All safety gear (throw lines, flares, crash hats etc) and navigational equipment. Water proofs / canoe cags, some wet suits, wet Feet & wet socs. Waterproof bags or BDH bottles for gear. Your instructor will be carrying adequate first aid and safety equipment for your group.</p>	<p>We Provide: All technical and safety gear (ropes, slings, harnesses, climbing hardware etc). Crash hats, map & compass. Your instructor will be carrying adequate first aid and safety equipment for your group.</p>
<p>Paddling Expeditions We provide tents, stoves, dixies, all cooking utensils, fuel, You may bring your own if you have them.</p>	
<p>You should wear or bring with you: Spare clothing (fleece top/bottoms, or other warm clothing to change into after your canoe session), towel, poly bag for wet gear, packed lunch plus something to put your butties in so that they do not end up as bread soup, flask for a hot drink. Old trainers/shoes which you do not mind getting wet if you prefer.</p>	<p>You should wear of bring with you: Boots suitable for your course/activity - NOT trainers (you will require sturdy hill boots with a fairly stiff sole for rock climbing ~ we do have some rock boots in stock and some spare boots. Wind and waterproof outer clothing suitable for your course. Suitable personal clothing ~ fleece or sweater, warm trousers (NOT jeans or shell suit). A waterproof day sack to carry your butties and scran in. A packed lunch and flask for each day. Warm hat, gloves and spare sweater.</p>
<p>If you have them please bring: Your own canoe / kayak, paddle, canoe, cag / wet suit / wet feet & crash hat, if you wish. Sailing waterproofs and wellies.</p>	<p>If you have them please bring: Map / compass, torch, first aid kit, survival bag. In winter ice axe & crampons. Rock boots or more technical hill / mountain boots. Gaiters (we do have some spare in stock)</p>
<p>Available from our stores / or for hire: Flasks, some spare old trainers.</p>	<p>Available from our stores / or for hire: Some rock boots and hill boots. A selection of waterproofs if necessary. Flasks, spare gloves and hats, torch. Boots can also be hired from outdoor shops in Fort William ~ especially plastics in winter. Likewise ice axes and crampons can be pre-booked.</p>

Please remember you will get cold and wet doing outdoor activities in Scotland ~ at any time of the year. We intended to minimise the risks encountered by ensuring that all our clients are properly clad and equipped for the activities they are doing. It also makes life much more comfortable and enjoyable when you are warm and at least partially dry.

All of the above is intended as a guideline only ~ if you have any questions or concerns about gear / equipment please ask before you spend hundreds of pounds on brand new gear **just** to visit us! Beg, borrow or until you see if you like the activity and intend to continue with it. Having said that we reserve the right to refuse instruction to any individual or group whom we feel to be seriously under equipped personally. We do not take folks onto the hills in jeans, shell suits and trainers. Your own personal and all technical gear will be checked by your instructor for suitability and fit, before you go on to the hill or water.

