



## Some Tips

Here is a list of things you may need if you are new to long distance walking. We have created an essential list and a useful list. Neither are endless, but hopefully this will at least help with your planning. Any requirements will also be influenced by your accommodation choices e.g. wild camping requires additional items like tents, sleeping bags, cooking utensils, etc

LIST OF ITEMS FOR LONG DISTANCE WALKING	
Essential	Useful
Rucksack (size depends on trip duration and accommodation choices)	Rucksack waterproof cover (or waterproof liner; or clothes in strong plastic bags)
Walking shoes (good, quality pair)	Waterproof walking shoes
Walking socks (few good pairs; helps prevent blisters)	Hat, gloves & gaiters
Clothing (suitable for walking; adequate amount; wear layers)	Waterproofs are advisable (over-trousers & lightweight jacket)
Water bottle(s) with fluids	Some rucksacks have built-in water containers with a feed tube/mouthpiece
Food to last between supply points (e.g. high energy snacks)	Other food items (e.g. additional snacks/rolls/etc)
Compass	Loch Lomond & Cowal Way Guide Book or free Loch Lomond & Cowal Way mobile app recommended
Toiletries (small bar of soap, small towel, toothbrush & toothpaste, razor, deodorant, tampons, loo paper, wet wipes, and sun cream & insect repellent – in summer)	Non essential toiletries (e.g. face cloth, aftershave, perfumes, make up, etc)
First aid kit (aspirin/paracetamol, plasters, blister treatment)	Non compulsory first aid kit items (triangular bandage for a sling, elastic knee support, antiseptic cream, adhesive tape, safety pins, scissors, tweezers)
Whistle (to attract attention if necessary)	Hiking poles
Torch (with spare batteries/bulb) – depending on time of year	Sun glasses (in summer)
Watch/clock/mobile phone – with alarm	Other items – camera, binoculars, notebook & pen
Plastic bags (for your rubbish – dispose in bins)	
Emergency bivi-bag or survival blanket (if you don't have tent/sleeping bag)	If appropriate – quality lightweight tent, sleeping bag, cooking equipment & fuel
Cash and credit cards	Pouch or secure pockets for keeping valuables safe