

Checklist

West-Highland-Way

EQUIPMENT

- backpack
- tent
- rain protection for the backpack
- sleeping bag (and pillow)
- sleeping mat
- pocket knife / Leatherman
- cord
- hammer and pliers (if not part of your Leatherman)
- trowel
- walking poles
- additional plastic bags
- ear plugs
- headlamp

COOKING AND FOOD

- lighter / fire stick
- cooking pot
- camping cutlery
- food for the first day(s)
- alcohol or gas stove
- waterbottle(s)

Please remind that you can't take the spirit or gas on the airplane!

CLOTHES

- walking boots - waterproof!
- towel
- hiking socks
- rain jacket
- rain pants
- gaiters
- underwear
- trousers with detachable legs
- leggings/sports pants for the night/the evening
- fleece sweater
- light shoes or flip-flops
- T-Shirts / functional shirts (decide on your own, how much you will need and if you need short t-shirts or/and long sleeves - it depends also on the time of the year you're traveling)
- beanie / headband / cap

TECHNOLOGY

- charging cable (camera / mobile phone etc.)
- replacement batteries (e.g. for the camera)
- power bank
- your mobile phone
- additional SD card for the camera (you're probably taking a lot of pics)
- camera bag with rain cover
- glasses cleaning cloth - for glasses and camera!
- (GPS device - i didn't need one)

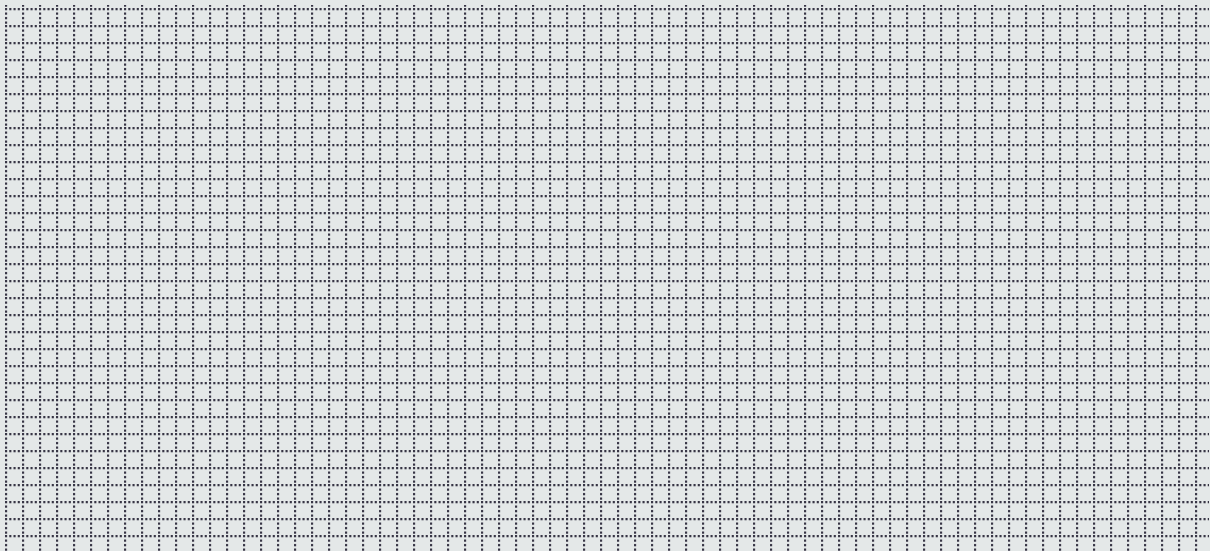
FIRST AID AND HYGIENE

- | | |
|---|---|
| <input type="checkbox"/> glasses and glasses case | <input type="checkbox"/> first aid set |
| <input type="checkbox"/> contact lenses and care product in travel size | <input type="checkbox"/> painkillers |
| <input type="checkbox"/> toilet paper | <input type="checkbox"/> charcoal tablets |
| <input type="checkbox"/> soap, shampoo | <input type="checkbox"/> tweezers |
| <input type="checkbox"/> dental care | <input type="checkbox"/> nobite / smidge |
| <input type="checkbox"/> hairbrush | <input type="checkbox"/> magnesium pills |
| <input type="checkbox"/> hair ties | <input type="checkbox"/> (deodorant) |

DOCUMENTS

- | | |
|---|--|
| <input type="checkbox"/> passport / identity card | <input type="checkbox"/> wallet |
| <input type="checkbox"/> plane tickets (if not online) | <input type="checkbox"/> money |
| <input type="checkbox"/> documents for travel insurance | <input type="checkbox"/> travel diary + pen(s) |
| <input type="checkbox"/> insurance card | <input type="checkbox"/> credit card |
| <input type="checkbox"/> travel guide, hiking map | |

NOTES



Here you find some space to write down your supplements!