**SWIMMING KIT LIST**

**Essential**

Swimsuit/Shorts x 2

Drybag/waterproof bag for wet kit\*

Rucksack/Swim Bag

Thermos Flask

Reef-safe Sunscreen

Changing Robe/Towel x 2

Face mask/covering for transfers

**Optional**

Earplugs

**Included**

Wetsuit & neoprene socks

Immerse Hebrides swim cap

Goggles

Tow float

Microfibre hooded change towel

Change bag/mat

**WALKING KIT LIST**

**Essential**

Sturdy walking boots/trainers

Comfortable walking trousers/leggings/shorts

Waterproof jacket & trousers

Hat & gloves

Warm base layer

Water bottle

At least 35L Rucksack

**Optional for all activities**

Gators\*\*\*

Walking poles

Hot water bottle

Buff

Midge repellent

*\*A drybag is useful to keep your gear dry when we go walking and swimming. It also helps protect the rest of your gear from getting wet after a swim.*

*\*\*If you are used to swimming without a wetsuit you can continue with this for the break but also be aware the water temperatures will be around 12-14 degrees Celsius so may limit your time in the water. All swims will have an immediate exit point though.*

*\*\*\*It’s recommended to have your legs covered when we are walking due to the risk of Lyme’s disease from ticks. This risk is greater in the southern isles of the Outer Hebrides though.*