Scotland Packing List for Winter

Duende
BY MADAM ZOZO

DOCUMENTS

- [ ] Passport
- [ ] Visa, if required
- [ ] Itinerary, reservations and tickets
- [ ] Travel insurance information

BASICS

- [ ] Underwear and socks
- [ ] Sleepwear
- [ ] Thermal base layer
- [ ] Shirts, 1 long sleeve per every 2 days
- [ ] Sweaters, 2-3
- [ ] Trousers, 1 for every 2-3 days
- [ ] Coat
- [ ] Waterproof walking shoes and/or boots
- [ ] Scarves, 1-2
- [ ] Warm hat and gloves
- [ ] Sunglasses
- [ ] Additional accessories e.g. handbag, jewellery etc.

TOILETRIES

- [ ] Deodorant
- [ ] Toothpaste and toothbrush
- [ ] Shampoo and conditioner
- [ ] Body wash or soap
- [ ] Face wash
- [ ] Moisturiser
- [ ] Hair accessories (ties and pins)
- [ ] Menstrual products
- [ ] Shaving cream and razor
- [ ] Make up and perfume

GADGETS & TECH

- [ ] International adapter,(Type G for the UK), ideally with a USB socket
- [ ] Camera and accessories e.g. charger, spare batteries, SD card, filters, waterproof case and tripod.
- [ ] Phone and charger

DAY BAG

- [ ] Refillable water bottle
- [ ] Hand sanitiser and mask
- [ ] Bandana/cloth napkin/handkerchief
- [ ] Headphones
- [ ] Money belt or other secure pocket/wallet
- [ ] Medical kit
- [ ] Sunscreen
- [ ] Lip balm SPF 15+ minimum
- [ ] Flashlight or headlamp
- [ ] Lightweight, quick-dry towel
- [ ] Rain jacket or poncho if coat is not waterproof
- [ ] Medications and prescriptions

MISCELLANEOUS

- [ ] Laundry soap
- [ ] Book
- [ ] Sketch pad and pencils/paint
- [ ] Notebook/diary
- [ ] Tablet or Kindle

Remember:

Tailor this list to the time of year and activities.
Pack light, neutral colours.
Minimize packaging and disposables as much as possible.
Opt for reef-safe sunscreen.
Dress casually and don't take unnecessary valuables.