

STRAMASH Residential Kit List

What to Bring

To make the most of your time on this Stramash course, it is important you bring the right things with you. Below is a suggested list of things to wear and take with you. If you have any questions, please contact the Stramash office.

- Trousers for doing activities in - loose fitting or stretchy ones are the best, like tracksuit trousers (don't bring jeans- they are restrictive and don't dry out)
- Warm long-sleeved tops - "fleeecies" are best as they stay warm when wet and dry out quickly
- T-shirts or short sleeve shirt
- Shorts
- Underwear
- Socks – including warm thick ones – don't bring ankle length/trainer liner sort
- Waterproof jacket*
- Waterproof trousers*
- Warm hat and gloves – it can be cold even in the summer
- 2 sets of footwear- a "wet" pair and a "dry" pair. Old trainers are ideal as the wet pair and we recommend hillwalking boots or stout trainers as the dry pair. For hill walking, expeditions, mountaineering and mountain skills courses hillwalking boots are required.
- Midge repellent and midge net. These are essential – the midges on these trips can be extreme! Avon "Skin so Soft" is good as it doesn't have too many chemicals in it.
- Sun protection cream- we recommend at least Factor 15
- Sun glasses or cap- essential to protect eyes from glare off water
- If you wear glasses bring a string to tie them on with (includes sunglasses)
- Sleeping bag
- Sleeping mat*
- Torch (with spare battery)
- Wash kit and towel
- Water bottle (1 litre size)
- Swimming costume
- Any medication you need
- Packed lunch and drink for lunch time on the first day of the course- **pack this separately from the rest of your kit**

We advise that you do not bring too much as you will have to transport it and the more things you bring the heavier your load!

Canoe trips: You will be given a waterproof barrel to keep your kit in, don't bring too much with you as it all has to fit into the barrel! The barrel is equivalent in size to a 60 litre rucksack.

We recommend that you do not take any money on these trips.

We can supply items marked with a *. Please telephone the Stramash office well before the trip if you require any of these items.

Mobile Phones and Electronic Equipment

Stramash **does not** permit any participant to take mobile phones or any other electronic equipment on this course. The aim of this course is to explore a remote part of the country, leaving behind as much of the busyness of everyday life as possible. Due to the nature of the environment we will be in, the equipment is also likely to get broken or damaged. All our instructors carry a phone in case of emergencies, so there is no need for anyone else to take one.

Therefore, to avoid any embarrassment, please do not bring mobile phones or electronic equipment.

An Emergency During a Trip

If your family needs to get a message to you in the case of an emergency while you are on the trip, they must telephone the Stramash office on 01631 566080. Outwith office hours an answer phone will give an alternative number to call. Please note: this service is for genuine emergencies only.

We hope you have a fantastic trip with us. If you have any questions please do contact us.