



Cairngorms Spring Retreat Packing List

Swimming Kit - Essential

Swimming costumes/trunks - enough for 2 swims/dips a day
Goggles
Swimming cap
Towel/Towel robe
Neoprene socks/shoes for rocky entires

Swimming Kit - Optional

Wetsuit - if you have a spare this might also be useful to bring
Neoprene gloves
Extra neoprene bits and bobs (hats, vests etc)
Ear plugs
Tow Float (we do have a couple people can borrow if needed)

Personal Clothing and Footwear

Wooly Hat & gloves
Lots of warm layers for after swims
Comfortable walking clothes
Warm jacket (down or synthetic insulated)
Waterproof jacket & trousers
Warm boots/Sturdy walking shoes

Yoga

Comfortable clothes for yoga
Yoga mat (optional - they are provided but you can bring your own if you would like)

Other Personal Kit

Swim bag/rucksack for carrying swim kit
Drybag to separate wet and dry kit in your pack
Hot water bottle
A book/personal reading material
Camera & spare batteries
Thermal Flask
Water/drinks bottle
Personal medication, if required
Money for drinks

Happy Swimming!

ALICE GOODRIDGE

alice@swimwilduk.com

www.swimwilduk.com

