



Cairngorms Winter Retreat Packing List

Swimming Kit - Essential

Swimming costumes/trunks - enough for 2 or 3 short swims/dips a day
Goggles
Swimming cap
Towel/Towel robe
Neoprene socks/shoes for rocky entires
Neoprene gloves (essential if it is icy)

Swimming Kit - Optional

Wetsuit - if you have a spare this might also be useful to bring
Extra neoprene bits and bobs (hats, vests etc)
Ear plugs
Tow Float (we do have a couple people can borrow if needed) - not necessary if you are only going in for very quick dips.

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

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
Torch
Personal medication, if required
Money for alcoholic drinks

Happy Swimming!

ALICE GOODRIDGE

alice@swimwilduk.com

www.swimwilduk.com

