



Knoydart & the Isles Packing List

Swimming Kit - Essential

Swimming costumes/trunks - enough for 2 or 3 short swims a day
Goggles (+ a spare pair)
Swimming cap
Neoprene socks/shoes - for exploring the shore/caves/rock-pools etc
Tow Float (we do have a couple people can borrow if needed)
Drybag to take kit to shore
Towel/changing robe

Swimming Kit - Optional

Wetsuit - if you have a spare this might also be useful to bring
Extra neoprene bits and bobs (gloves, hats etc)
Ear plugs
Dryrobe (if you have one)

Personal Clothing and Footwear

General clothing for your time on land and on the boat
Easy to put on/loose clothing and warm layers for after swimming
Warm jacket (down or synthetic insulated)
Waterproof jacket & trousers
Comfortable shoes/slippers for inside the lodge
Walking boots
Hat & gloves

Other Personal Kit

Wash kit
Small rucksack for time exploring the islands
Camera & spare batteries
Binoculars - if you want to look out for wildlife while we are on the boat
Sunscreen (we live in hope!)
Sunglasses
Midge repellent (just in case!)
Book/Personal reading material
Lunch container
Flask
Water bottle
Sea sickness tablets (if you think you might need them)
Other personal medication, if required

Happy Swimming!

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