

SCOTLAND – HIKING THE SCOTTISH HIGHLANDS

Weather/Climate in Scotland in summer:

Summer in Scotland can be both spectacular in the amount of sunshine and in the amount of precipitation.

We can have several seasons in one day or we can be lucky and walk under warm, sunny skies the entire duration of our trip.

What normally happens is that we get a mix of wet weather coming off the Sea, followed by clear summer days. Therefore, you should bring some extra clothing such as a hat and a heavyweight fleece along with the appropriate rain gear.

Most evenings are cool, even during the peak of the summer heat wave, so some warm clothing is advisable.

Mandatory equipment:

- Wind and waterproof jacket and pants
- Fleece layers (*one warm fleece pullover or jacket, one lighter fleece layer, a fleece vest is a very good idea, too*)
- Lightweight hiking boots. (*Take the inner sole/foot bed out of your shoe and stand on it. You should have a space of 0,5cm – 1cm from the top of your toes to the top of the sole. If there is less space, your boots are too small, if there is more space, your boots are too big. Also make sure that your heel is not too loose in order to avoid blisters*).
- Jogging shoes/sandals for the hotel and leisure time.
- Technical clothing that is light and dries quickly (*2/3 T-shirts, 1,2 long sleeves*)
- Socks / underwear
- Casual dress for evening meals.
- Sun protection (*sun hat/cap, glasses, cream*)
- *35litre rucksack (with rain cover, if possible. Some have one built in on the bottom of the pack, for example 'Deuter' rucksacks. If not, try to get one for your rucksack in a sport shop. Also a good thing, a plastic liner for the inside of the bag, to protect the gear that is inside. Zip lock bag for wallet, tickets, passport, money etc. works as well.*
- Camelbak or water bottle (*if you use a Camelbak, make sure you carry spare parts*)

Optional equipment:

- Telescopic poles (*takes weight off the knees*)
- Swiss army knife or similar
- Small umbrella