

# PHOTO JOURNEY

## Packing List

This list is not exhaustive but should be a useful guide for you. Some of the items will be more appropriate if you are heading up the mountains, rather than conducting the less-strenuous activities that the Photo Bimble offers. However, we hope it helps you make those impossible decisions on what is the right gear to bring with you!

### **Clothing**

Hats – sun hat & warm hat

Buff – useful in conjunction with other hats and as neck warmer

Sunglasses

Waterproof jacket and trousers

Layering system:

For upper-body base layer long sleeves, thumb loops and a deep chest zipper are ideal (max temperature control)

Typically some form of gilet

Some thicker long sleeved top (hoods are great)

Warm jacket (down or synthetic)

Wool or down are both fantastic materials. Don't underestimate a good old woolly pully!

Lower body layers:

'Technical' underwear – wool or synthetic NOT cotton

Leggings/Long Johns - wool or synthetic NOT cotton (we're enjoying the feel and function of Flōa kit and can share a 20% discount code with all Photo Journey guests)

Trekking trousers (with venting zips is ideal)

A range of socks for a range of temperatures! Ideally wool

Gloves – silk liner gloves in addition to something warm

(remember that cameras make your fingers cold, so if in doubt, go warm!)

Towel and Toiletries - although some items will be available, please bring with you!

### **Footwear**

The aim is to keep your feet dry and warm. You will therefore need boots.

Do not get stiff soled technical climbing boots. More appropriate is something with a flexible sole.

Leather or synthetic (eg Gore-tex) are both fine. The main thing is that they are in good condition and you have worn them in.

Bring a lightweight shoe for wearing around basecamp and for beach hikes.

For the evenings it's good to have flip-flops or sandals (the advantage of sandals is that you can still wear thick socks, look very cool *and* have warm feet!)

### **Walking Poles**

Walking poles – as with all your kit, you should get accustomed to these *before* the adventure starts! Correctly used they incorporate huge gains in efficiency and reduce impact on joints. They also greatly help with balance and stability when walking on rough ground – of which there is no shortage.

### **Food and Drink**

You will be given a hearty breakfast, a packed lunch and dinner. If you feel the need for additional supplies for snacking on, please bring what you need with you.

Hot drinks will be available. Bring a thermos so you can have something hot to drink throughout the day.

You'll also need to carry your own water during our day trips. We suggest bringing a one litre Nalgene bottle (these can tolerate boiling water and also make excellent hot water bottles for night time)

If you have dietary requirements please let us know.

A cash bar will operate in the evenings.

### **Sleeping systems:**

Sheets, pillows and pillowcases are provided but you will need to bring your own sleeping bag.

Sleeping bags: the good news is that you don't have to carry them anywhere so if in doubt, go big!

Sleeping bag liner: not essential but adds warmth and comfort.

Earplugs.

### **Rucksacks:**

A good day pack such as a 20-40 litre capacity is appropriate. You can use a designated camera bag provided it has space for essentials such as waterproofs, a warm jacket, food and drink.

## **First Aid:**

Empowerment through independence is a thread throughout all Photo Journey adventures. This applies to first aid, so please bring your own basic kit and anticipate some of the most common scenarios: blisters and chaffing! (zinc oxide tape, plasters, Vaseline)

Mark is a Wilderness Emergency Medical Technician and Johnny is First Aid qualified so you will always be with a medically qualified guide.

## **Medical Conditions/Medication**

Please make us aware and ensure you have your meds with you.

## **Communications:**

There is phone signal at Ardintigh although many parts of Knoydart and the surrounding area are without.

## **Power:**

There is a limited power source derived from a small scale hydro scheme. As a minimum, bring a good battery pack as we will be prioritising 240v power for laptop charging and essential tasks. Solar chargers could also prove useful.

## **Laptops:**

It is not essential to bring a laptop however, having one allows you to back up data and maximise benefit from expert guidance in image processing.

There is something very satisfying about processing the day's images and starting fresh next day.

As with everything you have with you, it is at your own risk. A robust protective case is advisable. There will always be one of our team at basecamp, but taking sensible precautions is advisable.

## **Entertainment:**

Feel free to entertain us! If you want to bring an instrument please let us know and we'll see if we can accommodate it! There will be at least one guitar.

Books, Headphones and music, Games, Journal, Binoculars

## **Discounts:**

Shop with Montane or Flōa and get a 20% discount as a Photo Journey guest. Ask us for the latest discount codes.