

West Highland Way Essential Gear Checklist



Clothing:

- Moisture wicking top
- Shorts and/or trousers
- Mid-layer (fleece or insulated jacket)
- Waterproof jacket
- Waterproof trousers (optional)
- Waterproof socks (optional)
- Hat
- Gloves
- Buff
- 3 pairs of underwear
- 2 pairs of socks

Footwear:

- Waterproof hiking boots or trail shoes
- Comfortable camp shoes or sandals

Food

- Snacks for during the day
- Lunch options
- Electrolytes (optional)

Other Backpack Essentials

- Water bottle(s) or hydration bladder
- GPS app and/or map with compass
- Phone charger
- Power bank
- Small first-aid kit
- Doggy bags / Trash bags
- Medications

Weather & Comfort:

- Midge repellent
- Sunscreen
- Sunglasses
- Waterproof lining or bags for inside your pack
- Rain-cover for your pack (optional)
- Sit pad (optional)
- Trekking poles (optional)

Documents & Money:

- ID, insurance information, and booking confirmations
- Card (and some cash) for meals, snacks, and emergencies