

The Scapa Life

Scapa Fest Packing List

Prepare for your **Scapa Experience** with our kit list.



THE UK'S YOGA AND ADVENTURE FESTIVAL

4-6 MAY 2018

Ardkinglas Estate, Loch Fyne
Scotland

Clothes



- Waterproof jacket
- Waterproof trousers
- Trousers/Shorts
- Leggings
- Tops
- Merino layers
- Underwear
- Socks
- Shoes/Hiking boots
- Buff headwear

Optional

- Swimwear
- Sunglasses
- Hat/gloves

Expert tip.

Stay warm and dry. Keep your change of clothes in a drybag in your tent. You probably won't wear everything that you pack, so don't pack something "just in case". You will look good whatever you wear! Make the most of layering and dress for the weather.

Toiletries



- Solid toothpaste
- Bamboo toothbrush
- Deodorant
- Solid soap
- Biodegradable wipes
- Travel Towel
- Optional**
- Moisturiser
- Sunscreen
- Solid shampoo

Expert tip.

Decant what you need into smaller containers. Solid toothpaste comes in little tablets: only take enough for the weekend, not the whole tub. A small travel towel will dry quicker. Only take wipes if they are biodegradable/compostable. Spending time outdoors will give you a glow that no make-up can ever replicate. Let the sea and the wind take care of your hair.

Camping



- Small tent
- Sleeping bag
- Sleeping mat
- Head torch
- Cup
- Drybags
- Recycling bags
- Optional**
- Earplugs

Insider tip.

You will spend the majority of your time outdoors. There's no need for a big tent, with awnings etc... Be mindful of your camping footprint, and make sure to **leave no trace**. There will be set meal times for breakfast, lunch and dinner everyday, with vegan options, as well as hot & cold snacks available throughout the day.

Documents



- Scapa Fest Tickets
- Schedule
- Money

Gadgets



- Smartphone/camera
- Power pack
- Optional**
- Headphones

Insider tip.

Print your Scapa Fest schedule on recycled paper. Take photos to capture your Scapa Life experience.

Kids



- Small daypack
- Waterproof jacket
- Waterproof trousers
- Sleepwear
- Trousers/Shorts
- Tops
- Underwear
- Socks
- Shoes/Wellies
- Buff headwear
- Optional**
- Swimwear

Expert tip.

Keeping dry and warm is the most important. Make your kids wear waterproofs to have fun. No shoes in the tent. Make it easy for little ones to take their shoes on and off: velcro or slip-ons.

Others



- Water Bottle
- Yoga mat
- Block/strap
- Journal + pen
- Snacks
- Daypack
- Smidge

Insider tip.

Take a refillable water bottle. Make sure you take your yoga mat and props with you. Some workshops require pen + paper. Midgies shouldn't be around at this time of the year, but take some Smidge anyway.

#scapalife #scapafest

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