



Hante Scotland 2026

Clothing and Equipment List

Purpose and Considerations

Packing for your Hante trip should be done with care to ensure you have all of the necessary clothing and equipment for a safe and fun trip. Our goal is that each participant can pack all of their belongings in their main 40 liter pack (backpack or duffel), as this will ensure you can fit all necessary belongings onto your bike. This will leave you hands free and easily mobile as we navigate the airports, cities, buses and trains throughout the trip. For this to be possible, everyone should carefully examine their packing list and make decisions on their personal equipment. Each item on this list has been carefully selected and is required, unless noted optional. Please be mindful to pack clothes for multiple uses; synthetic materials, for example, are great for staying dry, clean, warm, and cool for multiple days of use.

Eagle's Nest Foundation Gear Lending Library

Thanks to the generosity of Eagle's Nest Camp, Hante, and Outdoor Academy alumni and donors, we have a supply of outdoor clothing and equipment to lend for your trip. If obtaining the items on this list poses a challenge for you, please reach out to Ed Haubenreiser (ed@enf.org). We will work with you confidentially to provide as much as we're able.

How to Find What You Need

1. **First, use gear you already own.** Most of the clothing/equipment you need you likely already own.
2. **Go to a thrift store or second-hand outdoor gear shop!** Your local thrift store or used outdoor gear shop is a great place to buy basic items like fleece, long underwear, long sleeve shirts, and shorts. With the added benefit of not being afraid to beat it up a little!
3. **Visit your local outdoor store.** For some specific items, it is immensely important to try things on to get the right size and fit.
4. **Shop online to find discounts.** Websites like REI Outlet, Backcountry.com, Sierra Trading Post, and Steep and Cheap, all regularly have sales or offer discounted prices.

Additional Considerations

- **Stay Tuned for Updates!** As of 12/2025, we are still sifting through our options for rental outfitters in Scotland, which will inform gear specificity in greater detail.
- **Money:** We are asking participants to bring no more or less than €300 or \$400. This is to create equality towards personal spending, whether it's souvenirs or treats that are not already covered in the Hante price. Common essentials (meals, water, accommodations, etc) are already included.
- **Electronics and Cell Phones:** We will be collecting all electronics, including cell phones, on opening day. They will remain off and stored for the duration of the trip on campus, and then returned to participants when they depart from campus on closing day. This is to ensure participants can fully engage and enjoy their Hante experience. Throughout the course of the Hante, our instructors will be communicating with Eagle's Nest to give updates, including when all have arrived safely. Eagle's Nest is not responsible for any damage incurred to stored electronics. Cameras are acceptable.
- **Packing:** Please only pack what is on the list, as space will be limited! There will be opportunities to wash clothes periodically. Brands are listed for guidance, but are not required to fulfill the packing list.
- **Label!** Chances are, someone else will come with similar gear. Labeling is also helpful in the event you accidentally leave something with us.

Equipment			
Gear	Borrow	#	Description
*Items marked with an "x" under "Borrow" or "Purchase" indicate that the item is available to be borrowed from us or purchased from the canteen.			
Backpacks and Bags			
Backpack or Duffel Bag	x	1	40 Liters. This is one of the most important items for our trip, as it will/should serve as your main luggage carrier for the trip and will need to fit all of your gear. *Please let us know if you would be interested in borrowing one of our available packs
Packable Day Pack		1	This should be a small packable school backpack or light nylon day pack that can be packed into your larger pack easily. There are many cheap, light ones that stuff down smaller than your fist. This is for daily excursions and your carry-on.
Sleeping Gear (TBD until Scottish Outfitter and Rentals are Confirmed)			
Sleeping bag		1	Synthetic sleeping bag rated 35 degrees Fahrenheit or warmer. (Recommend: Marmot, Kelty, North Face, REI, Big Agnes.)
Stuff Sack		1	Minimizes sleeping bag size, maximizing packing space
Ground Pad	x	1	*Optional. We provide Therm-a-rest Ridgerest insulating sleeping pads to participants. You are welcome to bring your own! Inflatable pads are welcome, though bear in mind the possibility of leaks.
Additional Items			
Water Bottles	x	2	Smartwater plastic bottles and bike specific water bottles are light, durable, and pack well.
Headlamp		1	Hands free light for when it is dark! Please bring extra batteries. Rechargeable headlamps are not recommended.
Nylon Stuff Sack		2-3	Ideally smaller sized. These are handy for food storage and keeping all of your personal items organized.
Bowl with Lid and Spoon, Mug w/ Lid		1	Bring 1 of each (Recommend: Tupperware, Nalgene, Metal Spork)
Bug Net		1	Head covering, for comfort and protection from midges
Footwear and Clothing			
Gear	Borrow	#	Description
Footwear			
Flat-Bottomed Sneaker		1	Comfortable and stable shoe that has good traction on bike pedal and dries quickly when wet – important to acclimate to them before arrival to prevent blisters and other discomfort!

Camp Shoes		1	*Optional. To wear and walk around in after you arrive to each town. (Chacos, Tevas, light sneakers, Keens, but no flip-flops or Crocs.)
Lightweight Wool Socks		3	Non-Cotton, hiking socks. These are extremely important for preventing blisters and keeping feet warm when wet. (<i>Recommend: Smartwool, darn tough, REI, or similar. Look for "merino wool".</i>)
Active Wear			
Synthetic Shirts		2-3	Synthetic, non-cotton t-shirts. Wool would be ideal. (<i>Recommendation: REI, Patagonia Capilene or similar.</i>)
Long Sleeve Synthetic Shirt		1	Synthetic, non-cotton, for sun protection and warmth on chilly days. Again, wool is ideal (<i>Recommend: REI, Patagonia, or similar</i>)
Fleece Jacket or Insulating Jacket		1	Fleece or synthetic insulation for chilly nights, Non-Cotton. This should be able to pack down SMALL (<i>Recommendation: REI Groundbreaker, Patagonia Synchilla, Sierra Designs Cold Canyon Hoodie, or Similar</i>)
Rain Jacket		1	Must be 100% waterproof! Should include hood
Sports Bra		2-3	If you wear these, bring them! Non-cotton, synthetic.
Athletic Shorts		2	Synthetic, non-cotton. (<i>Recommendation: REI, Patagonia Baggies, Nike Runners, or similar athletic shorts.</i>)
Athletic Pants		1	Synthetic and light, but can keep you warm and dry quickly
Underwear		5-8	Synthetic, non-cotton pairs are great for our trek, but please bring a few breathable cotton pairs for our travel and prep days.
Hat		1	A baseball or wide-brimmed hat for sun protection.
Chamois Cycling Shorts		2	Often padded and provides moving comfort for time on the bike. If it is your first exposure to them, trying on different kinds in-person before purchasing may be wise. More information can be found here: www.rei.com/learn/expert-advice/padded-pants-for-cycling.html
Outfits (for in-town, separate from Active Wear)			
Decent "Travel" Clothes		1 set	These are clothes you will be wearing when traveling or not actively biking. Synthetics and blends are recommended as well since wicking fabrics will keep you drier and warmer on cooler days.
Miscellaneous and Personal Items			
Gear	Borrow	#	Description
Toiletries			
Toothbrush/ Toothpaste		1	Plus any retainers you may wear
Glasses, Contacts		-	Please bring any you regularly wear as well as a backup pair.
Sunglasses		1	For that sunshine. <i>Don't forget retainers to keep them attached to you</i>
Ankle, Knee, Wrist Braces/Wraps		-	Please bring any you <u>regularly</u> wear. If you don't wear them, they are not needed.

Travel Shampoo/ Soap		1	Travel size please
Deodorant		1	Please bring an unscented deodorant. Travel Size!
Personal Kit		1	Including: waterproof sunscreen (SPF 30+), Band-Aids, Chapstick with SPF, Wet Ones Wipes, Menstruation materials, and Hair Care Supplies. Make this kit SMALL (Travel Sizes ideal)
Blister Kit		1	Including: Moleskin and Second Skin products for blister treatment and athletic tape. Various brands of these products can be found in the skin care section of local pharmacies and grocery stores. Single packages for each participant will suffice.
Miscellaneous			
Wallet, with Personal Spending Money		1	We are asking participants to bring no more or less than €300 / \$400. This is to create equality towards personal spending, whether it's souvenirs or treats that are not already covered in the Hante price. Common essentials (meals, water, accommodations, etc) for the adventure are already included in the Hante price. <i>Wallet should also include your student ID, as some activities offer discounts</i>
Bandana		2	These are excellent in a variety of ways. From sun protection to cleanliness.
Pack Towel		1	Synthetic material. Absorbent and quick drying.
Large Ziploc Bags		4-8	These will be used for keeping items dry and organized in our packs.
A great book		1-2	*Optional. Paperbacks are preferable and easier to pack. No e-readers please
Notebook + pen		1	For journaling