



Recommended Kit List

(Medium / Long Walk)

WEAR/PACK

- Comfortable rucksack
- Walking boots or sturdy trail shoes - no sandals, soft soled training shoes/urban shoes or wellington boots.
- Walking trousers or similar.
- Long sleeved base layer top and/or shirt.
- Warm hat or sun hat.
- Gloves.
- Water proof jacket and trousers.
- Personal first kit and any personal medication you are required to take.
- Torch and whistle.

CARRY or WEAR - depending on weather

- Waterproof jacket and trousers (pack in rucksack anyway even if the weather looks dry) - Extra layer/s i.e. a thick fleece or a synthetic or down top or thinner fleece and gilet top. Pack these even in summer months.
- Warm hat, sun hat and spare gloves.
- Suncream & insect repellent.
- Drinking water - 2 litres.
- Snacks - You should bring sufficient food for mid morning snack, packed lunch and mid afternoon snack.

Optional extras

- Flask with hot drink.
- Sit mat
- Charged mobile phone