

Suggested Kit List

Essential Items	Details	✓
Rucksack	A small day pack is enough	
Drinks bottles or hydration pack	We recommend at least 2 litres of fluid	
Personal first aid kit	We recommend the Lifesystems Pocket First Aid kit!	
Personal medication	Headache tablets, hay fever tablets, travel sickness etc..	
Head torch (& spare batteries)	A head torch is worth spending money on. We use Petzl.	

Useful Items	Details	✓
Waterproof liner bags	As well as keeping kit dry, they keep your rucksack organised too	
Trekking poles	Usually very useful	

Clothing for on the hike	Details	✓
Walking socks	SealSkinz waterproof socks or 1000-mile hiking socks	
Boots	Proper walking boots are essential	
Underwear	We recommend wicking underwear	
Walking trousers	NOT Jeans!	
Base layer top	A "wicking" base layer is recommended	
Mid layer top	Lightweight long sleeve top	
Warm top	A fleece is perfect	
Warm Jacket	Primaloft jackets are good as they stay insulated even when wet	
Waterproof jacket		
Waterproof trousers		
Lightweight gloves		
Waterproof gloves	More than 1 pair. Spare gloves are essential if the weather is wet	
Sun hat or warm hat	Depending on weather	
Buff	A "Buff" is a great addition to anyone's kit	
Gaiters	Sometimes a useful optional extra	

Food for on the hike	Details	✓
Flapjacks	Great for an energy boost!	
Other snacks		
Flask	On a cold day a hot drink is wonderful!	
Energy gels or glucose tablets		

General items	Details	✓
Anti-bacterial hand gel	Often very useful!	
Insect repellent	Depending on season	
Sunscreen	Depending on weather	
Sunglasses		
Mobile Phone, charger, camera		