



RECOMMENDED KIT LIST

For our day packages, we recommend clients bring the following basic kit. While some items may seem over the top, even on warm summer days the weather at altitude can quickly change for the worse. If you have any concerns or queries, please contact us before the event for advice.

- Walking boots/trail shoes (trainers not recommended)
- Walking socks
- Rucksack (25-35l)
- Rucksack liner (either individual drybags or thick plastic bag to ensure kit stays dry)
- Base layer (wicking polyester T-shirt or similar. Cotton not recommended*)
- Warm layers eg. Fleece/insulated jacket + spare to throw on at lunch breaks
- Comfortable walking trousers or leggings (NOT jeans or cotton trousers*)
- Breathable waterproof jacket
- Breathable waterproof over-trousers
- Warm hat/gloves
- Sun hat
- Water - 1-2 litres
- Packed lunch and high energy snacks - enough for a full day out in the hills
- Personal medication
- Basic 1st aid kit inc. plasters/blister plasters etc.
(your leader will carry a comprehensive 1st aid kit)

Optional:

- Gaiters
- Sun cream
- Insect repellent
- Sunglasses
- Camera
- Mobile phone
- Sit mat
- Walking poles
- Compass and OS map of area to be visited

** Cotton or denim clothing rapidly absorbs moisture from sweat or rain and loses the ability to insulate. This can lead to rapid chilling of the body and ultimately hypothermia. It is therefore best avoided for hill walking.*