

What do I definitely need?

Waterproof Jacket & Trousers

Walking Boots & Socks

A good pair of walking boots which you've tested out in advance - ensure they fit you well and are comfortable. Proper walking socks have more padding where needed and are designed to wick away sweat.

Rucksack / Backpack

Just ensure it's big enough to carry any spare clothing, food, water and other items.

• Warm Clothes (layers advised)

A t-shirt or technical base layer to wear next to your skin, under your other layers. We advise against cotton as it soaks up water, often rubs, and doesn't dry easily.

Hat & Gloves (waterproof advised)

You need to keep your head, hands and neck warm. Weather up a mountain changes super quickly so we need you prepared!

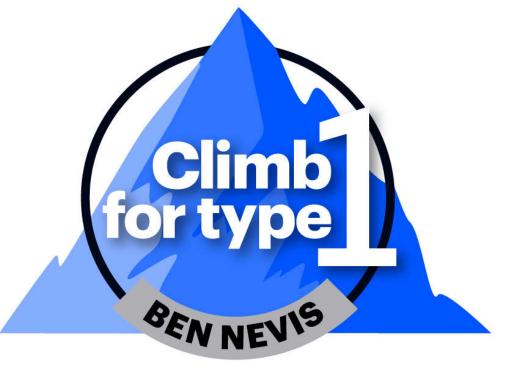
• Food & Lots of Fluid

Don't forget to pack lunch and snacks that will help keep you fueled up. In terms of water, most participants find 1.5 litres of water is suitable for a normal day walk, or 2-3 litres if you're on a longer walk.

Head Torch

An essential piece of kit throughout the year.

• Mobile Phone



Survival Bag & Whistle

We hope you'll never need these - but they are essential for your safety. A survival bag is like a human sized carrier bag that would keep you warm if you become stuck.

Money (mix of card and cash advised)

If for any reason you need to leave the group (e.g. in case of injury or emergency) you may need to arrange a taxi or public transport back to the meeting location/to your accommodation/for onward travel.

Personal First Aid Kit

Whatever personal medication you need, as well as some blister plasters/lip salve/ painkillers (hopefully not needed!) All of our walk leaders/guides are first-aid trained.



What do we recommend you have?

Walking Poles

Many people find these useful for spreading the effort required to go uphill and reduce joint impact going downhill.

Suncream

The Great British weather can be changeable and sunburn can occur even on cloudy days!

