

Essential Clothing/Equipment

- Water proof jacket
- Waterproof over trousers (Ensure you can put the over trousers on whilst wearing your boots) **NO NOT WEAR JEANS**
- Hat
- Gloves (2 pairs)
- Walking Boots
- Spare layer (lightweight fleece or insulated jacket)
- Rucksack (25-35 litres in size depending on how much stuff you want to carry)
- Food for the day. You will be burning off twice the amount of energy you normally do, so bring enough food. Foods like bananas, dried fruit, flapjacks & sandwiches are good.
- Water. (1ltr minimum) On hot days you can drink up to 4 pints/2 litres of water. Platypus water sacs are a great way of carrying water.
- On cold days a warm drink is nice to have.
- Personal Medicines (Inform your guide on the day of any medication you are taking)

Desirable Clothing/Equipment

- Thick/Walking socks
- Wicking base layer (This is worn next to the skin and should not be a cotton t-shirt)
- Walking trousers or shorts (Do not wear jeans or jogging bottoms)
- Sun Cream / Sun Glasses / Sun Hat
- Map (of area)
- Orange Poly Survival bag (available for a couple of pounds)
- Rucksack liner (essential in wet weather, rucksacks are not waterproof!)
- Walking Poles
- Camera / Phone