



## Hill Walking Kit List

Day Time Use	Overnight
<b>Personal Kit</b> <ul style="list-style-type: none"> <li>• Rucksack – 25-30 litre for summer, 45 for winter</li> <li>• Base Layer – Synthetic or Man-made fibre Shirt</li> <li>• Mid Layer(s) – Fleece, fibre pile or wool jumper</li> <li>• Walking Trousers – quick drying</li> <li>• Waterproof Jacket</li> <li>• Waterproof Trousers</li> <li>• Emergency Survival bag</li> <li>• Map – 1:25 scale</li> <li>• Compass</li> <li>• Torch plus spare batteries and bulb</li> <li>• Walking Boots</li> <li>• Walking socks</li> <li>• Gaiters</li> <li>• Drink (approx. 2 litre capacity)</li> <li>• Lunch (normally supplied on bunkhouse trips)</li> <li>• Whistle</li> <li>• Hat &amp; Gloves</li> <li>• Spare Gloves (in wet conditions)</li> <li>• Spare warmth layer</li> <li>• Spare food – snacks</li> <li>• First aid kit</li> <li>• Sunglasses and sun cream</li> <li>• Mobile Phone</li> <li>• Camera – for memories</li> <li>• Notepad &amp; pen/pencil</li> </ul>	<b>Personal</b> <ul style="list-style-type: none"> <li>• Sleeping Bag</li> <li>• Spare clothing for the evening</li> <li>• Towel</li> <li>• Wash Kit</li> </ul>
<b>Shared Kit</b> <ul style="list-style-type: none"> <li>• Group Shelter</li> <li>• Group first aid kit</li> <li>• Spare clothes</li> <li>• Rope (if mountainous terrain)</li> <li>•</li> </ul>	<b>If camping</b> <ul style="list-style-type: none"> <li>• Tent</li> <li>• Sleeping Mat</li> <li>• Cooking stove and fuel</li> <li>• Plate, bowl, cup, utensils</li> </ul>

Bunkhouse trips are normally centrally catered for so you may only need to bring snacks of your choice, although these may still be provided. You will normally still need a sleeping bag.

Camping trips normally consist of a pub dinner on the Saturday evening but the rest is self-catered so you will need to bring packed lunches, breakfast and any cooking equipment required.

If you do not have access to anything listed please get in touch as we may be able source borrowed equipment.