

Kit List

Mandatory

- Walking boots (with ankle support, not trail shoes or trainers)
- Head Torch
- Waterproof jacket and trousers
- Hiking socks (wearing a single pair recommended, rather than using a liner sock)
- Backpack (approx. 20-40 litre size)
- Water container (bottle or Camelbak-style, 1-2 litres)
- Food & hill snacks (pasta, cereal bars, dried fruit, nuts)
- Gloves
- Hat (covering ears)

Recommended, optional

- Sunglasses & suncream
- Walking poles
- Light shoes / sandals
- Thermal underwear
- Backpack rain cover

Recommended clothing

- Walking trousers (lightweight hiking trousers, not jeans or tracksuit trousers)
- Sports top (not cotton)
- Warm outer layer
- Changes of clothes