



KIT LIST FOR ONE DAY HIKE

All items in red are OPTIONAL but recommended

PACK AND CONTENTS

- Rucksack Capacity 30 - 40 litres
- Waterproof liner(s) (Use doubled up bin bags as an alternative.)
- Bright rucksack cover or hi-vis safety vest.
- Emergency bivi or space blanket
- First aid kit: sterilised wipes, plasters, blister treatment kit and painkillers**
- Roll mat**

PERSONAL CLOTHING & EQUIPMENT (to be used on the hike)

- Suitable walking boots / trail shoes
- Jacket. Must be fit for purpose depending on summer / winter conditions.
- Trousers. No skirts (Shorts acceptable for summer events)
- Good quality waterproof jacket & trousers
- Dry wick T-shirt.
- Warm hat and gloves or sun hat
- Spare hat & gloves
- Socks of a decent quality suitable for hiking (Inner sock and a hiking sock worn together can help reduce blisters)
- Water bottles / hydration system (minimum of 2 litres)
- Head torch and spare batteries
- Whistle
- Personal snacks such as nuts, dates fruit & sweets (You could even make yourself a roll)
- Flask of hot water for tea / coffee / hot chocolate
- Plastic mug (If your flask doesn't have a mug)
- Emergency Vitals card: Name, next of kin name & mobile number, blood group if known, any medical history/condition.
- Walking poles**
- Neck buff**
- Sun cream and lip balm**

Dry kit consisting of a complete change of clothing:

- Underwear
- Socks
- Trousers
- Base layer/T-shirt
- Warm middle layer
- Towel**

Bag for your return to the van:

- Towel
- Change of clothing and footwear. (Casual, warm/cool loose fitting and comfortable clothing for post hike.)
- Deodorant**