All items in red are OPTIONAL but recommended

PACK AND CONTENTS

* Rucksack Capacity 30 - 40 litres
* Waterproof liner(s) / canoe sack(s) inserts for rucksack. Use doubled up bin bags as an alternative.
* Bright coloured waterproof rucksack cover or hi-vis safety vest. (For use in low visibility)
* Emergency bivi or space blanket
* First aid kit: sterilised wipes, plasters, blister treatment kit and painkillers

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

* Suitable walking boots / trail shoes (Trainers are not acceptable)
* Crampons – Winter hiking only.
* Trousers. No skirts (Shorts acceptable for summer events)
* Tee shirt. (Not cotton, dry wick or base layer advised.)
* Windproof jacket
* Warm hat and gloves or sun hat for summer events
* Socks of a decent quality suited to trekking, hill walking. (Think about using an inner thin pair and then a thicker outer pair)
* Neck buff
* Water bottles / hydration system (minimum of 2 litres).
* Head torch and spare batteries
* Whistle
* Emergency Vitals card: Name, next of kin name & mobile number, blood group if known, any medical history/condition.

Warm Kit

* Jacket. Must be fit for purpose depending on summer / winter conditions. Use two items if your main jacket will not provide sufficient insulation in prolonged sub-zero temperatures
* Waterproof jacket & trousers
* Roll mat for sitting on when we stop for a tea /coffee & lunch.
* Spare hat & gloves in case we get wet.
* Flask of hot tea / coffee / hot chocolate
* Plastic mug if your flask doesn’t have a lid you can use as a mug.

Dry kit consisting of a complete change of clothing:

* Underwear
* Socks
* Trousers
* Base layer/tee shirt
* Warm middle layer
* Towel

Other recommended kit but not essential

* Camera / Mobile phone
* Notebook & pencil in waterproof bag
* Personal snacks
* Spare change
* Sun cream and lip balm
* Walking poles
* Watch

BASE CAMP BAG:

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