

## THE ESSENTIALS

# KIT LIST

## FOR EACH DAY

### Day-sized rucksack for the walk (approx. 25 litres).

- Pre-worn Walking Boots / sturdy trainers
- Waterproof jacket and trousers (even if the forecast is good)
- Walking clothes (No jeans please, these just get sweaty if hot or soaked if it rains. We recommend you avoid wearing cotton shirts or tops as these can also be uncomfortable when sweaty or wet. We recommend if you can that you wear synthetic walking trousers/ leggings and non-cotton tops).
- Spare Warm clothes, hat and gloves (the weather can be very different on the summit than down in the valley)
- Wet clothes (old trainers, swimwear, old t-shirt) in a plastic bag.
- Packed lunch
- Water bottle (you will need to carry a minimum of 1.5 litres)
- First Aid Kit (personal first aid kit and medication, including Compeed blister plasters).
- NB: All instructors are First Aid qualified but CANNOT administer potions and pills by law.
- Towel - big enough to dry you, small enough to carry around with you
- Torch/Head Torch



## FOR 2 DAY EVENTS

### You will also need to include:

- A camping mat
- A warm sleeping bag
- Clothes to sleep in
- Clothes for day 2 from the kit list for each day