



Kit List - Mountain Walking

This is a generic kit list to cover all weather situations. We will email you a specific kit list for your event.

Essential Items

	Owned	Packed
• Walking boots/ Trekking shoes	<input type="checkbox"/>	<input type="checkbox"/>
• Waterproof Jacket	<input type="checkbox"/>	<input type="checkbox"/>
• Rucksack	<input type="checkbox"/>	<input type="checkbox"/>
• Rucksack liner (or plastic bag)	<input type="checkbox"/>	<input type="checkbox"/>
• Suitable walking clothes	<input type="checkbox"/>	<input type="checkbox"/>
• Extra warm layers	<input type="checkbox"/>	<input type="checkbox"/>
• Warm Hat and gloves	<input type="checkbox"/>	<input type="checkbox"/>
• Food (a packed lunch and high-calorie snacks)	<input type="checkbox"/>	<input type="checkbox"/>
• Water (1.5 - 2 litres)	<input type="checkbox"/>	<input type="checkbox"/>
• Personal medication (Blister plasters/painkillers etc)	<input type="checkbox"/>	<input type="checkbox"/>
• [Headtorch & spare batteries sunrise/ sunset walks]	<input type="checkbox"/>	<input type="checkbox"/>

Recommended Items

• Spare gloves	<input type="checkbox"/>	<input type="checkbox"/>
• Hot drink in a flask	<input type="checkbox"/>	<input type="checkbox"/>
• Mobile Phone (in waterproof case or bag)	<input type="checkbox"/>	<input type="checkbox"/>
• Waterproof trousers	<input type="checkbox"/>	<input type="checkbox"/>
• Walking trousers	<input type="checkbox"/>	<input type="checkbox"/>
• Suncream/ Sunglasses	<input type="checkbox"/>	<input type="checkbox"/>
• Toilet paper (& a bag to dispose of it in)	<input type="checkbox"/>	<input type="checkbox"/>
• Walking pole(s)	<input type="checkbox"/>	<input type="checkbox"/>
• Anything else you feel like you need	<input type="checkbox"/>	<input type="checkbox"/>