

A scenic landscape featuring a grassy hillside in the foreground where three hikers are walking away from the camera. In the middle ground, there is a calm lake. The background is dominated by a massive, steep, and craggy rock face under a grey, overcast sky. The hikers are dressed in outdoor gear, including backpacks and hats.

Walking/Hiking

Kit List

Walking/Hiking - Essential Items

Essential Items

On any adventure in the wild places some items of clothing and equipment are deemed essential. You may not need everything every day, but if the weather turns poor your safety and enjoyment could be compromised without these items.

Having the right equipment and clothing will have a big impact on how you enjoy your trip with us, so we have put together the following list to help you select the right gear.

We are happy to give additional advice so do not hesitate to contact us if you have any queries.

Ensure active clothes are non cotton based

Upper Body

- Moisture wicking base layer – synthetic or merino wool
- Light insulation layer such as microfleece
- Heavier insulation layer to add in colder weather or when stopped (heavy fleece or lofting insulation such as down or synthetic down)
- Fully waterproof and breathable shell jacket

Lower Body

- Lightweight, quick drying trousers
- Fully waterproof and breathable shell over-trousers
- Leg Gaiters

Feet

- Waterproof walking boots with ankle support*
- Hiking socks

Head and Hands

- Wool hat
- Gloves

Essential Equipment to have while walking:

- Water bottle or hydration bladder – 1-2L total capacity
- Small ‘day’ rucksack to carry clothes, equipment and food (25-35L capacity)
- Waterproof rucksack cover, or drybags to pack inside your rucksack
- Sun hat
- Sunglasses
- Sunscreen and lip balm

Additional

- Personal wash kit
- Comfortable clothes for evening wear (casual dress code)



Walking/Hiking - Additional Items

Recommended Optional Items:

- Personal blister kit
- Walking poles
- Sunscreen and lip balm: SPF 25+
- Binoculars
- Thermos flask
- Lunch box
- Plug adaptor
- Buff or Neck Gaiter
- Foldable sit mat
- Spare laces
- Midge net / insect repellent
- Mobile phone
- Swimming costume

Personal First Aid Kit

Your guide will carry a comprehensive first aid kit, but you may wish to bring some of your own items for travelling. This is especially relevant to any specialist medication you may need.

- Personal medication
- Antiseptic ointment
- Plasters and small wound dressings
- Compeed or Moleskin for blisters
- Scissors, tweezers and safety pins
- Tick tweezers
- Anti-inflammatory e.g ibuprofen
- Analgesics e.g aspirin
- Anti-diarrhoea drugs e.g immodium
- Antihistamines
- Re-hydration salts or solution e.g Dioralyte
- Spare contact lenses and glasses (if appropriate)

