



Kit List

Walking in the UK can mean facing a wide range of weather conditions from hot and sunny to wet and windy with hail showers, sometimes all in one afternoon! Below are listed the essential and recommended items required to safely enjoy a good day out on your chosen outdoor activity.

The Kit List has been extended slightly to prevent items being shared between different households* unnecessarily (this includes your guide who will carry extra equipment for emergency use only).

All items including clothing and food must be solely for personal use or within a household group. **Please do not share food and equipment with other individuals or households except in an emergency (ie First Aid).** Points to note are **highlighted in red**. If you have a query, please check out our FAQs or contact us direct.

Essential:

- **Walking boots/stout shoes:** suitable for fell/hill walking – best to wear them in first to prevent blisters
- **Walking socks**
- **Shorts** or trousers** suitable for walking - not jeans or cotton (they can get very cold if wet)
- **Fast drying layers** including base layer, t-shirt and fleece (or similar)
- **Rucksack** – **these can be shared within one household**, lined with a plastic bag/dryliner &/or use a rucksack cover (to keep contents dry; in the UK rain is never far away)
- **Waterproof jacket with hood** – preferably breathable for comfort
- **Waterproof trousers**
- **Spare fleece, jacket or windstopper**
- **Warm hat and gloves** – **extra pair of thin washable gloves (useful for climbing stiles, etc)**
- **Spare socks**
- **Plenty of snacks** – **for personal/household consumption only** (ie energy bars, sandwiches, flapjack, bananas, trail mix, jelly babies, etc)
- **Water/drinks** – **for personal/household consumption only** (1-2 litres for shorter walks, 2+litres for walks over 10 miles and warmer weather) – water hydration bladders are really useful on longer challenge walks as you don't have to keep stopping to get a water bottle out, but they do need to be sterilised/cleaned properly between uses (Milton's fluid is great).
- **Headtorch & spare batteries** (for challenge walks, sunset walks, navigation courses, night walks)
- **Personal first aid kit** (ie antiseptic wipes, blister plasters, plasters, personal medication (ie inhaler, EpiPen, tablets), tape/bandage, knee support) – **where possible cover all basic First Aid needs to avoid contact with anyone outside your own household for minor issues ie blister, small cut.**

- **Sun Screen/Insect repellent** (seasonal) – medication as appropriate if have known allergies
- **Emergency contact/Medical** – a Health form MUST be completed to take part in the activity
- **PPE** - gloves (latex free-preferably nitrile), face mask/face covering, bags for disposal
- **Sanitiser/hand gel**
- **Emergency equipment** – sufficient per household to survive in emergency situations (ie phone, spare clothing, emergency rations, headtorch/torch, survival bag, shelter, whistle, map & compass).

Recommended:

Walking Poles – great for rough ground and descents (they also help maintain social distance by reducing need for assistance). You may not wish to use them all the time so you should be able to attach them safely to your pack

Lightweight technical t-shirt – fast drying and more practical for outdoor activities than cotton

Down/Pertex jacket or gilet – useful layer in cold dry weather and for rest stops

Scarf/buff – a buff can also be used as a face covering and is practical for walking activities (however, carrying an extra face mask is recommended for emergency use)

Notebook and pencil

Camera

Gaiters - for muddy wet conditions

Sunhat/cap & sunglasses – summer/sunny conditions

Spare clothes/shoes to change into after your walk – to be left in transport

Flask – great for warm drinks in colder weather

*household being as per Government Guidelines within the country the activity is taking place

**if you wear shorts you MUST carry a pair of suitable walking trousers in your rucksack