



GUIDED WALK KIT LIST

CLIENTS ARE REMINDED THAT FAILURE TO BRING THE CORRECT EQUIPMENT TO AN ACTIVITY COULD RESULT IN THE CANCELLATION OF THEIR PARTICIPATION.

CLOTHING

- STURDY, WATERPROOF WALKING BOOTS/ WALKING SHOES
- LIGHTWEIGHT TREKKING TROUSERS OR TRACKSUIT BOTTOMS (**NOT JEANS OR COTTON TROUSERS**)
- WARM BASE LAYER TROUSERS AND TOP (**NO COTTON TSHIRTS**) (OPTIONAL IN WARMER CONDITIONS)
- A WARM MID LAYER FLEECE OR JUMPER (**NO COTTON HOODIES**)
- WATERPROOF JACKET AND TROUSERS (EVEN WHEN ITS NOT RAINING)
- WARM HAT
- GLOVES
- SPARE WARM LAYER
- NECK SCARF/BUFF (OPTIONAL)

OTHER EQUIPMENT

- 25LTR DAY BAG WITH WATERPROOF LINER (BIN BAGS ARE GREAT)
- 2LTR WATER BOTTLE (OR 2 1LTR BOTTLES)
- PACKED LUNCH (IF NOT PROVIDED)
- HEADTORCH AND SPARE BATTERIES
- SUNGLASSES (OPTIONAL)
- WALKING POLES (OPTIONAL)