



KIT LIST

1 DAY HIKE

ESSENTIALS

CLOTHING

- ☐ Moisture Wicking Clothing (No Cotton)
- ☐ Insulating Layer
- ☐ Lightweight Fleece
- ☐ Waterproof Jacket
- ☐ Waterproof Trousers
- ☐ Gloves
- ☐ Hat
- ☐ Spare Layers
- ☐ Stiff soled boots or Walking shoes
- ☐ Comfy Socks

FOOD / WATER

- ☐ 1L Water Bottle
- ☐ Trail Snacks*
- ☐ Lunch
- ☐ Spare Snacks

*Suggested snacks:
Nuts, Nutrition Bars,
Sweets, Trail mix, Fruit.

GEAR

- ☐ 25L+ Day Pack

HEALTH + HYGIENE

- ☐ Midge Net
- ☐ Insect Repellent
- ☐ Hand Sanitiser
- ☐ Suncream
- ☐ Sunglasses
- ☐ Sun Hat
- ☐ Personal Medication

EXTRAS

- ☐ Headtorch
- ☐ Mobile Phone

NICE TO HAVES

CLOTHING

- ☐ Buff
- ☐ Gaiters

EXTRAS

- ☐ Camera
- ☐ Personal First Aid Kit (Compeed, Blister plasters etc...)

GEAR

- ☐ Trekking Poles

NAVIGATIONAL

- ☐ GPS
- ☐ Phone Apps

**WEARING NEW BOOTS? BREAK THEM IN!
DON'T WEAR COTTON. IT TAKES FOREVER TO
DRY.
NO TRAINERS. APPROACH SHOES ARE GREAT
IF YOU'RE CONFIDENT ON ROCKY TERRAIN**