



Minimum Kit List (one day activities)

In General

- 35l Rucksack
- Walking boots
- Waterproof Jacket with hood
- Waterproof trousers
- Warm hat
- Food and drink for the day, especially snacks!
- Small personal first aid kit
- Headtorch
- Any medication you need

In Sunny Weather

- Sunhat
- Sun cream
- Sun glasses

In colder weather

- Spare hat and gloves
- Neck buff/scarf
- Warm insulating spare layer

Optional Extras

- Walking Poles

If on a skills course

- Compass
- Map of the area 1:25000