

# Hiking Kit List



## Personal Kit

- Rucksack (at least 25 litres)
- Rucksack liner (or bin bag to keep rain out)
- Walking boots with ankle support
- 3 x Comfortable, thick walking socks
- 2 x Base layers/T-Shirt
- 2 x Comfortable walking trousers (not jeans)
- 1 x Hoody/Fleece and warm outer layer (down jacket)
- 1 x Waterproof jacket
- 1 x Waterproof trousers
- Warm hat and gloves for summit
- 2 x litres of water (ideally in a reusable bottle)
- Personal medication
- Camera/Phone (optional)
- Trekking poles (optional)
- Flask for a hot drink
- Packed lunch
- Snacks and hot drink sachets

## Kit carried by staff

- Mountain First Aid Kit
- Emergency Group Shelter/tarps
- Map, Compass, Paracord
- Emergency Phone + Power Pack
- Rope/Fire Lighting Kit/Climbing gear
- Mountain Girl Banner