

# Kit List

## **Mandatory**

- *Walking boots (with ankle support, not trail shoes or trainers)*
- *Head Torch*
- *Waterproof jacket and trousers*
- *Hiking socks (wearing a single pair recommended, rather than using a liner sock)*
- *Backpack (approx. 20-40 litre size)*
- *Water container (bottle or Camelbak-style, 1-2 litres)*
- *Food & hill snacks (pasta, cereal bars, dried fruit, nuts)*
- *Gloves*
- *Hat (covering ears)*

## **Recommended, optional**

- *Sunglasses & suncream*
- *Walking poles*
- *Light shoes / sandals*
- *Thermal underwear*
- *Backpack rain cover*

## **Recommended clothing**

- *Walking trousers (lightweight hiking trousers, not jeans or tracksuit trousers)*
- *Sports top (not cotton)*
- *Warm outer layer*
- *Changes of clothes*