

Individual Kit List

Clothing –

Feet

- Walking Socks.
- Walking boots and approach shoes depending on weather.

Legs

- Walking trousers
- Waterproof trousers

Upper body

- Base layer
- Long sleeve and short sleeve t-shirts NOT COTTON!
- Waterproof coat
- Windproof coat (optional)
- Jumpers / fleeces
- Walking bag and day pack.

- Hat
- Gloves
- Scarf/snood
- Own little snacks.
- Personal first aid kit

- Lunch box
- Water bottle / Camelbaks

Optional kit

- Gaiters
- Sun glasses /sun cream

