



Checklist ✓

- Waterproof walking boots with good ankle support
- Waterproof Jacket & trousers
- Comfortable clothes to walk in
- Warm layer (fleece or spare warm jacket)
- Lunch & Snacks
- Water
- Comfortable rucksack
- Any medication needed e.g. Inhaler

Avoid!

Cotton - It absorbs too much water and loses its ability to keep you warm. Thermals are a good alternative

Jeans - (see above) Cotton also becomes heavy when wet. If you sweat or it rains on a hike jeans are likely to become very uncomfortable and makes them an unsafe choice for hiking

We recommend layers:

- A base layer that wicks sweat away from your skin (Thermal)
- A mid layer to keep you warm (Insulation)
- A shell layer to protect you from the wind (Shell)