

## **Mandatory Kit List – Summer**

Please ensure you have the following kit with you for the walks, this kit is mandatory as it does pertain to your safety so please ask me if you any have questions.

It is unlikely but in the event of a delay during the walk, it's important to have the kit below in terms of being comfortable and safe.

<b>Item</b>	<b>Details</b>
<input type="checkbox"/> Daypack	20-35 capacity litre is ideal – must be able to carry the following items
<input type="checkbox"/> Water	2 litres absolute minimum, 3 is preferable. Electrolytes in water help prevent dehydration and cramps. (Hydralyte tablets available at all pharmacies are ideal)
<input type="checkbox"/> Sun protection	Full brimmed hat or cap AND neck scarf, sunscreen and lip balm.
<input type="checkbox"/> Walking boots or walking/trail shoes	Must be a good fit and have adequate grip for wet or slippery rocks/paths. Must enclose entire foot and be worn at all times while walking.

- Walking clothes  
Technical/synthetic or merino are the best fabrics, cotton is NOT advised as does not dry quickly when wet. Longed sleeve shirts are good for sun protection. Good quality walking socks are essential, merino socks are excellent.
- Fleece/thermal pullover  
Fleece or merino is ideal, Not cotton
- Lightweight, Waterproof jacket  
Good quality, breathable fabric with hood.
- Snacks  
A packed lunch is provided but some extra snacks are always essential
- Mobile Phone  
Fully charged
- Whistle  
Pealess (so works when wet) – available at camping, outdoor, army surplus stores
- Dry Bag  
Capable of protecting phone, fleece/pullover, first aid kit etc
- Basic 1<sup>st</sup> Aid Kit  
All personal medications required  
1 x triangular bandage  
1 x elastic crepe bandage  
Blister care (e.g. compeed, strapping tape, band aids)