

# KIT LIST



ITEM
<b>Clothing</b>
Tops – wicking base layers, fleece type top
Suitable trousers (not jeans)
Full waterproofs – jacket and trousers
Hat/sunhat
Gloves
<b>Footwear</b>
Walking socks
Boots with ankle support
<b>Carrying</b>
Rucksack with a hip belt
<b>Additional items</b>
Water (at least 2 litres)
Food to eat during the trek
Headtorch
Two walking poles
Map – OS Explorer OL2
Compass/GPS (not mobile phone mapping software)
First aid kit (include blister plasters)
Whistle
Sunscreen
Sunglasses
Insect repellent