

Hillwalking Equipment List



To be carried in your rucksack (Venture must have a rucksack, one with two shoulder straps and a waist strap)

→ *Clothes to be worn*

- ⌚ *Tracksuit Bottoms*
- ⌚ *Tee shirt (long sleeves are usually good)*
- ⌚ *Jumper (something warm, maybe a fleece)*
- ⌚ *Socks (it is a good idea to wear two pairs with hiking boots)*
- ⌚ *Hiking boots (preferably water proof) or strong shoes*

→ *Uniform*

- ⌚ *Kneckerchief*

→ *1 Complete changes of clothes*

- ⌚ *Socks*
- ⌚ *Tracksuit Bottoms*
- ⌚ *Underwear*
- ⌚ *Tee shirt*
- ⌚ *Jumper*

→ *Raingear (Jacket and Trousers)*

→ *Gaiters (optional)*

→ *Torch*

→ *Water bottle*

→ *Plastic Bags for any wet gear*

→ *First Aid Kit*

→ *Bivvy Bag (optional)*

→ *Walking Poles (optional)*

It is usually best to leave phones and other electronics at home, as they could get lost, wet or damaged. But if they must be brought remember to place them in a zip-lock bag inside your rucksack.