

Equipment List

Day Hike

To Be Worn: Neckerchief, layers of clothing, eg vest, t-shirt, light jumper, coat/fleece. Then layers can be taken off or added to depending on the weather. NO JEANS because once wet they won't dry, they don't hold any heat and can lead to hypothermia. No WELLIE BOOTS as these cause friction burns on the legs and don't support the ankles. Boots, Old runners or shoes are better

To be carried:

Rucksack this must have double straps that can be carried on back, single straps are no good for hiking

Raingear rain proof coat with hood and rain trousers

Packed Lunch include hot drink (dilute orange made on hot water is always liked), and chocolate

Hat/scarf/gloves/Sun-cream (which ever is appropriate)

Change of shoes + a change of clothes may be brought in a separate bag and left in a leaders car

Please Note

When packing your rucksack, the rucksack must be lined with a plastic bin liner, leave all drinks on outside of liner but in rucksack