



Mountain Hiking and Scrambling Kit Checklist, Spring to Autumn

Clothing

Waterproof jacket	<input type="checkbox"/>	Waterproof trousers	<input type="checkbox"/>	Fleece and spare	<input type="checkbox"/>	Base layer and spare	<input type="checkbox"/>
Trousers ⁽⁵⁾	<input type="checkbox"/>	Buff and spare	<input type="checkbox"/>	Hat and spare	<input type="checkbox"/>	Gloves and spare	<input type="checkbox"/>
Socks ⁽¹⁾	<input type="checkbox"/>	Footwear ⁽¹⁾	<input type="checkbox"/>				

Carrying

Rucksack ⁽²⁾	<input type="checkbox"/>	Drink/water bottle ⁽³⁾	<input type="checkbox"/>	Day's food and spare	<input type="checkbox"/>	Torch	<input type="checkbox"/>
Small first aid kit ⁽⁴⁾	<input type="checkbox"/>	Survival bag	<input type="checkbox"/>	Whistle	<input type="checkbox"/>		

Optional

Sunglasses	<input type="checkbox"/>	Suntan lotion	<input type="checkbox"/>	Midge repellent	<input type="checkbox"/>	Hand-warmers	<input type="checkbox"/>
Walking-poles	<input type="checkbox"/>	Camera	<input type="checkbox"/>	Map	<input type="checkbox"/>	Compass	<input type="checkbox"/>
Gaiters ⁽¹⁾	<input type="checkbox"/>	GPS	<input type="checkbox"/>	Phone	<input type="checkbox"/>		

Notes :

- (1) Footwear should appropriate to terrain and weather conditions expected. We normally ask people to wear 3 season boots (ie boots with a reasonably firm sole and decent ankle support). However, if you normally wear 2 season boots or approach shoes, please let us know. Depending on weather conditions, gaiters may be needed. We recommend wearing one pair of socks, two pairs tend to cause blisters !
- (2) Your rucksack should be around 30-40litre in size to carry your gear.
- (3) Hot drink, energy drink or fluid in a refillable flask or other container.
- (4) Your first aid kit should contain at least some plasters and compeed.
- (5) Appropriate hiking trousers or tracksters. No jeans !

If you don't have any of the above essential items in time for one of our events, don't fret ! We can help with some of the gear, just give us a call and we'll arrange to bring along spare. Please note that if you do turn up without the appropriate gear and haven't arranged for us to bring spare, your guide may refuse to lead you on the hills.

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