



Kit List

- Small day pack
- Hydration system/s with capacity for minimum 2L of water (with extra 1L capacity for hot weather)
- Durable waterproof jacket with hood and taped seams
- Waterproof trousers
- Warm hat/gloves
- Spare warm mid/base layers (more for cold weather)
- High quality head torch with spare batteries (or second torch)
- Whistle
- Watch (GPS advised)
- Survival blanket
- Fully charged phone
- Walking poles
- Electrolyte solutions
- Sunglasses
- Cap
- Sun block
- Buff
- Battery pack
- Personal basic first aid kit (Lifesystems have good ones)