

WALKING HOLIDAYS

RECOMMENDED ESSENTIAL EQUIPMENT

The weather in the UK can change dramatically from one day to the next, actually from one hour to the next, you need to ensure you have brought the right items with you to maximise your enjoyment.

Here is a list of what we recommend:

ESSENTIALS

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| ☐ Small rucksack (20-35ltrs is adequate) | ☐ Compass & map |
| ☐ Good quality walking boots & spare laces | ☐ <i>First Aid kit inc:</i> |
| ☐ Waterproof clothing with hood | ☐ Pain relief tablets |
| ☐ Over trousers | ☐ Plasters |
| ☐ Walking sticks | ☐ Sudacream |
| ☐ Refillable water bottle or pack (min 1.5ltrs) | ☐ Indigestion tablets |
| ☐ Flask for hot drinks | ☐ Sickness & Diarrhoea relief |
| ☐ Daily snacks/lunches | ☐ Lip balm |
| ☐ Warm hat & gloves | ☐ Suncream |
| ☐ Spare clothing, thin layers | ☐ Insect repellent |

MISCELLANEOUS ITEMS

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| ☐ Cash | ☐ Torch & spare battery |
| ☐ Phone & chargers | ☐ Whistle |
| ☐ Camera | ☐ Face Masks |
| ☐ GPX tracker | ☐ Disposable gloves |

CLOTHING

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| ☐ Evening wear – casual, including shoes | ☐ Thin tops - short & long sleeve versions |
| ☐ Good quality socks | ☐ Fleece tops |
| ☐ Comfortable walking trousers, shorts | |

SPACE FOR YOUR OWN ITEMS:

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| ☐ _____ | ☐ _____ |
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Feel free to print this out to help with your packing.