



Kit List



We cannot stress the importance of good kit and equipment. We suggest:

- Walking boots/shoes – these need to be comfortable and not new on the day. Make sure you have completed training walks in the same boots
- Walking socks – a good pair or 2
- Small rucksack you will carry with you
- Breathable top
- Additional warm layer
- Lightweight hiking trousers, leggings or shorts
- Lightweight jacket – windproof/waterproof
- Sun protection and rain protection depending on forecast
- Any personal medication
- Mobile phone
- Cash and debit card
- Water bottle or camelback with at least 2 litres – we will provide refill stations at each rest stop
- Compeed – worth having with you!
- Trekking poles – optional

There will be water and snacks available at all four rest stops plus lunch at the third rest stop, however we also recommend bringing your own personal refreshments for additional energy - (particularly if you have specific food or drinks that you prefer).

