



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 the rest stop plus lunch at the second rest stop, however we recommend bringing your own personal refreshments for additional energy - (particularly if you have specific food or drinks that you prefer).

