HIKING EQUIPMENT CHECKLIST

HALF-DAY/EVENING SUMMER WALK (Low-Level)

waterproof jacket

waterproof overtrousers

drink:
- ➤ **not** fizzy
- ➤ **not** in a glass bottle

food

First Aid kit

map***

compass***

whistle

fruit

DAY WALK (Summer) - *all above plus*:-

survival bag

spare sweater

sandwiches

HALF-DAY/EVENING WALK (Winter) - *all above plus*:-

mittens

scarf

balaclava

additional food

hot drink

torch

spare bulb

spare battery

emergency food rations

map-case (if map not laminated)***

spare socks

possibly gaiters

DAY WALK (Winter) - *all above plus*:-

tent/bivvy-bag***

sleeping bag***

WEEKEND HIKE - *all above plus*:-

2nd pair spare socks

2nd spare sweater

sleepmat

*** *2 per group of 6*

Please Note:

Boots
stout shoes are a 2nd best for the half-day summer walk so long as they give some form of ankle support

Socks

comfortable, mostly wool	football socks tend to irritate the feet, and make them hot & sweaty

Warm trousers

tracksuit bottoms – only if thick & double-layered	thin, cotton trousers – only in summer
wool mix trousers are best	100% nylon give no warmth

jeans are banned, the reasons being that they are made of cotton and so:

1. shrink when wet	2. take a long time to dry	3. are cold when wet

Top

layers are best	vest – shirt – pullover – jacket – waterproof

Hat/balaclava · Gloves/mitts

Hat/balaclava	Gloves/mitts
to cover ears	mitts are best
	nylon, windproof, semi-waterproof, + lining

Waterproof - *stress **waterproof***

jacket	overtrousers

Torch

spare batteries	spare bulb

First Aid Kit – separate list available

Food

eg cheese sandwiches	fruit

Drink

no glass containers	no fizzy drinks – they aren't particularly thirst quenching

Emergency Rations

food in case of emergencies

nuts & raisins	Food bars (must have a carbohydrate-to-fat ratio of at least 5:1 - ie amount of carbohydrate divided by amount of fat must be equal to or greater than 5)
oat biscuits	
NOT chocolate (and this includes Mars bars, despite what the adverts say!)	