

Summer Kit list

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement (not optional). You may be refused participation if your kit is not adequate for the weather conditions.

Please see our additional Winter Kit List if appropriate.

Equipment

Item required	Got	Packed
Rucksack – at least 25 litres		
Rucksack liner (or bin bag) to keep rain out!		
Trekking poles highly recommended for tired legs on descent		
Suncream/sunglasses/sun hat		
Mobile phone in sealed plastic bag		
First Aid Kit personal blister protection/Compeed, ibuprofen/painkillers, plasters		

Clothing

Item required	Got	Packed
Base layer or T-shirt (not cotton)		
Walking trousers (not jeans)		
Fleece jacket or top		
Spare warm layer in rucksack		
Waterproof jacket		
Waterproof trousers (separate to your walking trousers)		
Warm hat		
Warm gloves		

Food / Drink

Item required	Got	Packed
2 x 1 litre reusable water bottles (filled with water to start)		
Packed lunch		
Snacks / extra juice drinks		
Plastic bag to take your rubbish home		

Footwear

Item required	Got	Packed
Sturdy, comfy walking boots with ankle support		
Comfortable walking socks + spare pair		



Winter Kit list

Make sure you pack according to the list. Remember that layers are the key, allowing you to adjust your temperature more easily. This list is the minimum requirement (not optional). You may be refused participation if your kit is not adequate for the weather conditions.

Equipment

Item required	Got	Packed
Rucksack – at least 35-40 litres		
Rucksack liner / bags to keep kit dry		
Trekking poles highly recommended for tired legs on descent		
Suncream/sunglasses (if sunny)		
Mobile phone in waterproof case		
First Aid Kit personal blister protection/Compeed, ibuprofen/painkillers, plasters		
Headtorch and spare batteries		
Ice Axe *		

Food / Drink

Item required	Got	Packed
2 x 1 litre reusable water bottles (filled with water to start)		
Thermos flask with hot drink		
Packed lunch		
Snacks / extra juice drinks		
Plastic bag to take your rubbish home		

Clothing

Item required	Got	Packed
Long sleeve synthetic/wool base layer (not cotton)		
Warm/lined walking trousers (not jeans)		
Fleece/soft-shell jacket		
Spare fleece/thermal jacket in rucksack x2		
Waterproof jacket with large hood		
Waterproof trousers (separate to your walking trousers)		
Goggles to protect eyes in harsh conditions		
Warm hat		
Fleece liner gloves		
Warm/thick winter gloves		
'Buff' neck warmer		

Footwear

Item required	Got	Packed
Sturdy winter walking boots * (at least B1 rated)		
Thick walking socks + spare pair		
Crampons *		

*these items are available to hire from us for £5 per item per day, please let us know in advance if you require a rental.

