

WHAT TO PACK



WHAT TO WEAR



- Route map
- Water bottles
- Snacks and/or a light meal
- First aid kit with plasters for blisters or scratches and any medication you need
- Antihistamines, painkillers and rehydration sachets
- Toilet roll or tissues
- Hand sanitiser
- Mobile phone and a spare battery pack, fully charged with cable
- Cash and debit card
- Spare socks
- Bag for rubbish and a bag for recycling
- Torch and high visibility jacket or vest if you will be walking at night

- Walking or hiking boots
- Thick socks
- Warm trousers, remember jeans get very cold if it rains
- Waterproof jacket and trousers
- Thermal fleece or jumper
- Additional layers
- Gloves if it's cold
- Hat and handkerchief or buff
- Sunglasses and sunscreen if it's sunny
- Sun hat or head covering in case it's sunny
- Facemask
- Bum bag for easy access to essentials