

Equipment Guidelines for Walkers:

What to wear:

- Footwear: Waterproof walking boots suitable for the terrain and season, with full, above-ankle support and treaded sole.
- Socks: Proper hillwalking socks.
- Baselayer: Synthetic wicking material or merino wool, not cotton.
- Mid Layer: Fleece, soft shell or synthetic insulation.
- Walking trousers: Comfortable and quick drying. No denims.
- Waterproof jacket with adjustable hood.
- Waterproof over-trousers. Gaiters.
- Hat/cap and gloves/mitts.
- Watch or method of telling the time.
- Rucksack (25 to 35 litres) + drybags: Well fitted, correctly adjusted and comfortable. A padded hip belt will help distribute the load from your shoulders to your hips.
- Emergency Contact Details: On mobile phone or written on inside pocket of rucksack.

In your Rucksack:

- Map and Compass.
- All hillwalkers and ramblers must carry a Survival Bag.
- Mobile Phone + Whistle + Headtorch.
- Reusable bottle(s) or bladder/platypus of water + extra for hot weather/emergencies.
- Food, energy snacks, sweets + extra for emergencies.
- Flask of hot drink or soup, particularly for cold weather/emergencies.
- Extra gloves/mitts, caps, buffs, balaclava(winter) and warm mid layer.
- Sunglasses, sunscreen, SPF lip balm, sun hat, insect repellent.
- Emergency Kit (in small drybag): 6 antiseptic wipes, 6 waterproof plasters, 2 Compeed, spare boot laces +torch batteries, tick removal tool, personal medication, 2 Dioralyte sachets, Keep in accessible pocket of rucksack.
- Personal First Aid kit.
- Yellow high-viz vest.

Optional:

- Walking poles.
- Sit mat.
- Mobile phone navigation app or a hand GPS unit.
- Small power bank (5,000 mAHr)+ cable-- to charge a mobile phone/GPS.

Additional Equipment for Walk Leaders:

- Group First Aid kit -----carried by a member of the Group.
- Bothy Shelter (Hillwalks, Rambles) ----- carried by a member of the Group.
- A Survival Bag on Short Walks ----- carried by a member of the Group.
- Navigation App on mobile phone (e.g.Viewranger) or a hand GPS Unit.
- Orange Leader's high-viz vest.