

HIKING PACKING LIST

ESSENTIALS

Lightweight and absorbent top/base layer (no cotton)

Insulating mid-layer (fleece/thin puffer/vest)

Wind and waterproof jacket

Sturdy shoes

Weather dependent:

Cap, sunglasses, sunscreen

Gaiters, waterproof shell trousers, gloves, warm hat

Rucksack

2L of water

Food (starchy & sweet)

Guidebook/map/compass

Phone with full/spare battery

GPS & weather apps: View Ranger, FatMap, Windy

EMERGENCY SUPPLIES

First aid kit containing: plasters & essential medication

Emergency blanket/shelter

Headtorch with extra batteries

Whistle

