



EQUIPMENT CHECKLIST

TO CARRY IN YOUR BACKPACK	✓
Essential (to be carried)	
Rucksack (20-30ltrs)	
Water (2 litres)	
Waterproof Jacket	
Waterproof Trousers	
Snacks/Food	
Hat (sun hat or warm beanie)	
Fleece or Similar (additional layers)	
Additional (nice to have)	
Walking Poles	
Mobile Phone	
Camera	
Personal small first aid kit (plaster/compeed, inhaler, paracetamol, sun cream)	
Spare walking socks	
Gloves	
Optional (your choice)	
Maps	
Compass	
GPS Device	
Head Torch	
Equipment to be worn	
Walking Boots (ankle support, no trainers or trail shoes)	
Walking Socks	
Sports Top (breathable material)	
Lightweight Walking Trousers	