



## **Hill Walking (One Day) Kit List**

Water**proof** jacket with hood

Water**proof** overtrousers

Fleece / woollen jumper (not cotton sweatshirt)

Quick drying shirt e.g. football shirt (not cotton rugby shirt)

Quick drying trousers e.g. Scout Activity trousers (not jeans or similar cotton trousers)

Woollen socks or wool/acrylic blend (not cotton sports or school socks)

Water resistant walking boots with grippy soul and firm ankle support

Warm hat & gloves (all seasons)

Packed lunch - keep it quick & simple: e.g. sandwiches, crisps, lump of cheese, a raw carrot, fruit (risk of bruising, squashing in bag).

Snacks to be eaten throughout day; e.g. flapjack, fruitcake, oatcakes, cereal bars – complex carbohydrates, foods with “substance”, dried fruit, nuts. Dextrose energy tablets, Kendal mint cake, & fudge etc. may be very nice and give an energy rush but are not appropriate for long duration energy release. Be very careful of loose wrappers, especially if they are being placed in a pocket in trousers or jacket: small sweet wrappers are easily lost and blown in the wind.

Drink for whole day - approx 1-1.5 litres (2 litres on long hot days), not fizzy; water is best and cheapest!

Small flask for hot drink, if required.

Poly bag to carry all rubbish out, including all waste food (e.g. banana skin)

Note book and pencil for log (badge requirement) and reporting emergencies

Camera for log (optional)

Mobile phone (optional)– emergency use only! Signal may not exist in mountainous terrain. Risk of damage or loss to be accepted.

Small torch

Whistle

1<sup>st</sup> Aid Kit

Day rucksack to carry the above. Should not be more than about 25 to 35 litres.

Poly bags to keep items dry

Map in a waterproof case & compass. The group leader will have these for his/her own use, but those attempting the badge should obtain (e.g. borrow) their own if possible, since they will have to do some of the navigating.

Completed route card – official card will be issued at start and shall be carried by each group. Everyone to be familiar with the route before setting off.

Emergency card – will be handed out at start and shall be carried by each person.

Survival bags & bothy shelters will be made available to each group.