

KIT LIST and CLOTHING

Recommended Kit List for summer conditions

- Rucksack, 30-40 litres, line with strong polythene bag to keep contents dry
- Emergency survival bag or bivi shelter.
- Waterproof jacket
- Waterproof trousers
- Hat and gloves – wool or fleece – plus spares
- Spare warm layer – wool or fleece top
- Walking Boots
- Gaiters – not necessary for hot, dry weather
- Map - in poly bag
- Compass
- Head torch plus spare battery and bulb
- Whistle
- Personal first aid and medication
- Drink
- Food plus spare food - see *Food List*
- Sun hat, sunglasses, sun cream, midge cream
- Sit mat

Recommended Kit List for winter conditions

As above and add

- Ice-axe *
- Crampons *
- Ski goggles with anti-mist lenses
- Fleece balaclava or similar
- Thick gloves or mitts
- Extra fleece
- Hot drink

*These items should only be used by members who have appropriate training.

Clothing

A layering system of base, mid and outer clothing is ideal, as it can be adapted to the conditions. Layers can also be put on and taken off as required. Many synthetic fabrics perform well and do not cost a fortune, which allows you to get what suits you gradually. Cotton and denim fabrics are unsuitable, as they do not *wick* moisture away from the body. Cotton T-shirts and denim trousers, for example, become heavy and chilling when wet.

There is a great deal more that can be said about clothing and other gear. Check the *Club library* for more information as well as talking to other members. We have all made expensive mistakes!

FOOD

Some suggestions

Sandwiches
Muesli or energy bars
Flapjack/fruitcake/chocolate
Dried fruit/nuts
Bananas/apples/mandarins
Hot drink in flask – tea, coffee, soup, juice
Cold drink – water/juice/isotonic

NB Allow extra food and drink for unexpected delays or emergencies on the walk