

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. Additionally the club supplies *group shelters* for each group to take on the club walks
- 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
- Torch – spare battery and bulb
- Whistle
- Personal first aid and medication
- Drink
- Food plus spare food - see *Food List*
- Sun hat, sunglasses, suncream, midge cream

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

* Essential in some conditions, as well as knowing how to use them

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.