

Kit list – summer

To wear:

- Boots (with ankle support and soles which will grip on rock, grass and mud)
- General trekking trousers (not jeans or cotton material)
- Thermal top
- Fleece top
- Gaiters (not always essential)

To carry:

- Rucksack - about 35 litres
- Waterproof jacket (with hood)
- Waterproof over trousers
- Warm hat
- Gloves or mitts
- Spare layer e.g. fleece top
- Compass
- Map (waterproof or in waterproof case)
- Watch
- Torch (preferably a head torch)
- Emergency survival bag (polythene is OK) and Group Shelter
- Whistle
- First Aid Kit (small)
- Mobile phone
- Food and drink

To take when appropriate:

- Sunhat
- Sun cream
- Sunglasses
- Midge net
- Midge repellent