

# WALKING EQUIPMENT LIST

## EASY WALK

- Sturdy walking shoes or boots
- Sun hat, sun glasses and sun block
- Clothes to suit the weather of the day
- Mobile phone

## MODERATE WALK

- As per above, plus
- Raincoat (at all times)
- Woollen jumper or fibrepile jacket
- Snack food and drink

## DIFFICULT WALK

- As per above, plus
- Thermal leggings and shorts, or pants that don't get cold when wet ie not long cotton trousers or jeans
- Warm hat or beanie, and gloves
- Waterproof trousers ('overpants')
- Gaiters (if you have them)
- Lunch and drink
- Map and Compass OR GPS and spare batteries