



Day trips - checklist

What you need to bring

- Boots or proper walking shoes, and socks;
- Walking trousers, not jeans or cords;
- Base layer (*not cotton: when wet it provides no insulation and can quickly lead to hypothermia*), warm clothing, at least one more layer than you think you'll need (several thin fleece-type layers are better than one thick one);
- Waterproof and windproof jacket and trousers, gloves, hat (it can be cold and wet);
- Sun hat or buff, sunglasses, sun cream (or it can be hot);
- Spare layers;
- Spare socks;
- Basic first aid items (plasters, blister dressings);
- Any personal medication;
- Lunch and snacks for during the day, water or juice (minimum 1 litre). Please ensure, especially on multi-day trips, that you don't bring food which will go off;
- Rucksack to carry everything, with waterproof liners to keep everything dry.

Useful but not essential

- Gaiters (useful if we need to wade through streams or walk through deep heather);
- Camera;
- Map and compass (to follow our progress);
- Flask of hot drink or soup;
- Walking poles (very much a personal thing);
- Midge repellent;
- Dry clothes and footwear to change into at the end of the walk (can be left in the vehicle, at your own risk).

What we provide

- Transport to and from start/finish of event, from the specified meeting point;
- Fully qualified guide.



Overnight trips – additional checklist

What you need to bring

As above, plus:

- Water purification stuff;
- Midge repellent;
- Toilet paper;
- Personal hygiene stuff;
- Head torch;
- Changes of clothing as required.

What we provide (but you carry)

- Tent (you may be required to share a 2 person tent);
- Sleeping bag;
- Sleeping bag liner;
- Thermal sleeping mat;
- Midge hood;
- Stove and cooking utensils, mug and cutlery;
- Fuel;
- Expedition food for evening meals and breakfast (*but food and snacks for during the day is still your responsibility*);
- Expedition rucksack to carry everything.