

## HIKING KIT LIST

Here is a kit list that we recommend for our hiking adventures. If you look through and need to discuss anything in more detail, don't hesitate to get in touch ([enquiries@explorersconnect.com](mailto:enquiries@explorersconnect.com)).

### ESSENTIAL OUTDOOR KIT

- Waterproof jacket with hood
- Waterproof trousers
- Walking boots with good ankle support (NOT trainers)
- Two thick pairs of socks
- Suitable base layers (thermals)
- Fleece / wool jumper
- Non-cotton walking trousers (NO jeans)
- Hat
- At least one pair of gloves
- Scarf or Buff
- At least one other full set of dry clothes
- Day rucksack to carry your kit (we would recommend at least 20 litres)
- Large drybag or waterproof rucksack liner to waterproof your kit
- 2 litre water bottle or Camelbak
- Torch (ideally a head-torch)
- Any medicines you normally take
- Extra cash (for car parks, extra food and drinks etc)

### INDOOR KIT

- Extra pair of shoes for indoor use (flip flops / trainers)
- Sleeping bag and liner (if bed linen is not provided – please check with us if you're not sure)
- Washkit
- Towel
- Ear plugs

### OPTIONAL EXTRAS

- Gaiters
- Spare gloves (ideally a waterproof pair)
- Extra drybags
- Thermos flask
- Personal first aid kit
- Map of the area
- Compass
- Camera

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