

Rural Hike Kit List

All the equipment below is required to complete the event. If the leader on the event deems a participant's equipment not suitable, the leader has the right to disallow the participant to partake in the event for the safety of the participant and group.

Item	Information
Walking Boots	Wear footwear previously worn to reduce chance of blisters. Ankle support advised to reduce likelihood of sprained ankles. Always try boots in-store. Good trail shoes are fine if familiar to this terrain. We recommend waterproof versions.
Socks	Padded walking socks. Smartwool or Bridgedale are reliable brands. Cotton socks provide little padding & become damp from sweat which can lead to blisters.
Walking trousers /leggings	Lightweight, comfortable trousers that dry quickly. Jeans are restrictive and become heavy and cold when wet. Wear thermals under trousers if below 5 ^o .
Wicking base layer top (long or short-sleeved)	Running or wicking tops pull sweat away from the body and dry quickly. Cotton tops becomes cold when wet. Avoid vests as backpack straps can rub on shoulders. Synthetic tops dry quick; merino wool provides more warmth. Often synthetic is worn during summer, merino during winter.
Mid layer/fleece	A warm layer that goes over base layer. This adds warmth for planned/unplanned stops. Insulated jackets are warmer than a fleece but are expensive. Down jackets provide little warmth when wet; synthetic insulated jackets perform best in UK conditions. A spare fleece is recommended.
Waterproof jacket and trousers	A hard-shell waterproof jacket not a softshell jacket. Goretex or similar are reliably waterproof and breathable, improving comfort for long-duration in wet weather. Try brands such as Rab, Montane and Mountain Equipment. Ensure waterproof trousers have entire leg side zips so can be put on whilst wearing boots.
Hat and gloves	A considerable amount of heat is lost through the head when not covered. Ensure gloves are waterproof.
Cap & sunglasses	Vital in bright conditions. Reduces chance of heat exhaustion.
Backpack	Use a 20 to 30 litre backpack with a padded waistbelt. Backpacks must be lined with a large dry bag/bin bag. Backpack covers blow off in strong winds. Use smaller dry bags to divide equipment/clothing inside pack. Recommended backpack brands include Montane, Osprey, and Lowe Alpine.
Walking poles	Walking poles are not compulsory but are recommended. Walking poles reduce 40% of weight on your feet, improve stability on technical sections and improve speed and efficiency on ascents and descents. These are highly recommended for long treks. Use a pair of poles, not one. Leki and Black Diamond are the most popular, but cheaper, heavier equivalents are available.
Personal First Aid/Meds	Prescribed medication, blister plasters, sun cream. Items for consideration: sting relief cream, Imodium, rehydration salts, antihistamines, paracetamol, ibuprofen, aspirin. There will be first aid support during the event.
Mobile phone	Fully charged and ideally with battery pack. Waterproof case if heavy rain due; Ziplock bags suffice.
Headtorch	Always pack irrespective of walk duration. Pack spare batteries. Handheld torches can be tiring to carry for long periods of time. A recommended brand is Petzl.
Water bottle	A refillable, 1-litre water bottle, such as a Nalgene plus a 500ml bottle with electrolytes. Water reservoirs are useful for frequent access, but amount remaining is unknown. Carry a minimum of 1.5 litres and up to 3 l in hot weather.
Food and snacks	See our separate nutrition guidance.