



2022 Single-Day Trek Kit List

Our Single-Day Mountain Treks provide all safety gear, but you will need to provide your personal items and food including the items listed below. This is to ensure your trek is comfortable but most importantly, safe

Essential

Nutrition: Packed lunch and snacks to keep you going through the day. We suggest several sandwiches, high energy snacks including slow-release energy bars, chocolate bars and crisps. A trail mix of nuts and dried fruit is also worth considering. You will need to carry some water for the day but. guide will be able to offer you hot drinks BUT you will need your own cup and spoon.

A lightweight day trek sack: This should be a minimum capacity of 35 litres. Any reputable outdoor shop will be able to advise you on this. Crucially, it must have two shoulder straps, a waist belt and should be fitted to your back size. Ideally it should also have a rain cover.

Full set of waterproofs: These should include a mountain jacket with a storm hood and waterproof trousers that can preferably be put on without taking your boots off. It is crucial that your waterproofs are waterproof and windproof! Try them out in the shower to make sure!

Three season walking boots: Importantly these should be waterproof, preferably support your ankle, and have a vibram sole with good grip on both rock and vegetation. Your boots should fit you correctly and be well worn in. On good weather days approach trainers with good grips are acceptable.

Hat and gloves: Mountain weather is notoriously fickle. Potentially one moment like a hot summer's day, the next like midwinter. Make sure you pack hat and gloves that are warm, windproof and, if possible, waterproof. A lightweight sun hat is also a good idea.

Base layer: Short sleeve wicking T shirt – Merino wool or synthetic material. Not cotton.

Mid layer: Long sleeve wicking T shirt – Merino wool or synthetic material. Not cotton.

Additional warm layer: Fleece or lightweight duvet jacket.

Walking trousers: Preferably not cotton and not jeans.

Walking socks: Carry a spare pair. Also consider a waterproof pair of SealSkins

Head Torch: Please check the batteries and carry spares.

Whistles: This should be plastic...metal sticks to lips in cold weather. Check your head torch and day sack as most come with a whistle included.

Personal first aid kit: This is for your personal medication only. We will carry the rest – plasters, blister treatment, painkillers etc.

Optional

The below are items which are not essential to the trek although may offer some comfort on route. Remember the more you carry the heavier your pack!

Trekking poles: Guaranteed to take weight off your knees, give additional purchase and power going up hills, and provide balance on tricky descents.

Camera: Unless you are an avid photographer who needs a multitude of lenses, a lightweight compact would be the best choice. Remember, whatever you bring you must carry!