



Multi-Day Trek Kit List

Our Multi-Day Mountain Treks provide all your essential wild-camping equipment and food, but you will need to provide your personal items including the items listed below. This is to ensure your trek is comfortable but most importantly, safe.

Essential

- Full set of waterproofs: These should include a mountain jacket with 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! Test them by standing under the shower!
- Three season walking boots: Importantly these should be waterproof, support your ankle, and have a vibram sole with good grip on both rock and vegetation. Make sure your boots fit correctly and are well worn in prior to your trek.
- 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, which will stay on in the wind, is also a good idea.
- Base layer: A short sleeve wicking T shirt – Merino wool or synthetic material. Not cotton.
- Mid layer: A long sleeve wicking T shirt – Merino wool or synthetic material. Not cotton.
- Additional warm layer: Fleece and/or a lightweight duvet jacket, down or synthetic
- Walking trousers: High wicking and not cotton. Some people prefer shorts over leggings.
- Walking socks: Carry a spare pair. Also consider a waterproof pair of socks such as SealSkins.
- Underwear: Pack a spare set for longer treks.
- Sleep Wear: An additional long sleeve thermal top and leggings. Merino is excellent and usually very light. These items can double up as additional layers when walking on cold days.
- Personal Hygiene: Hand sanitiser and toothbrush/toothpaste. Avoid carrying an electric one! Small travel sizes are ideal. We will provide you with a small bag of biodegradable toilet paper and wipes for toileting.
- 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!

- Light weight trekking sandals or Crocs: Extremely useful for river crossings and giving your feet a rest from your boots at bivouac sites.
- Trekking poles: Highly recommended. 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.
- Reading material: Book or tablet. Some tablets double up as cameras, are lightweight and hold a charge for a long period, as well as providing a range of reading material and facility to keep a diary/blog of your adventure. The best option is to put all your reading material on Kindle and have this as an App on your Smart phone.
- Ear Plugs and/or Eye Masks: If you are a light sleeper and the sound of the wind, rain, or dawn chorus might stop you sleeping then consider some Ear Plugs. Again, if light disturbs your sleep, then an Eye Mask will help combat the 4.00 am sunrises!
- Powerbank: A small portable powerbank which will charge a mobile phone or other electronic devices.