

Suggested Equipment

The majority of the equipment listed below can be bought from Whitfields in Ivybridge. If you are not equipped adequately the leader will not take you on the walk.

Below is a list of equipment that we think you should take with you on every walk.

- ☐ **Flask** - containing at least one litre of drinking water or cold squash. Two litres is more advisable at the height of summer.
- ☐ **Footwear** - walking boots or walking stout trainers either should be well broken in.
- ☐ **Waterproof jacket** - a cagoule is another essential item as the weather on mountains and hills can change from gorgeous to unpleasant very quickly. The jacket needs to be totally waterproof (not just shower proof) and also windproof; it's always colder and windier on hilltops and hypothermia is a real danger.
- ☐ **Trousers - NOT JEANS!** Wear a pair of tracksuit bottoms, cotton trousers etc. In hot weather, shorts are fine, but keep a spare pair of trousers in your bag. Jeans are totally unsuitable as they don't dry out once they get wet increasing the risk of hypothermia and also making them very uncomfortable to walk in.
- ☐ **Lunch** - sandwiches and the usual things. Chocolate and other sugary foods are good sources of energy. Make sure you have enough to snack on during the day as well. Hot drink - Thermos flasks are useful if you are partial to a mug of hot coffee on the summit, you'll have to bring your own. An emergency food pack should also be taken of say a Mars bar or energy bars.
- ☐ **Warm layers and hats** - several thin jumpers are better than a thick one as they provide better insulation and can be put on or removed as needed. A fleece is worthwhile but not essential, and don't forget a hat!
- ☐ **First aid kit & Personal medication** - If you suffer from asthma or are likely to require any more specific medication during the day you will need to bring this yourself - Please let your leader know any information .
- ☐ **Day sack** - to keep all this stuff in when you're not using it. Any rucksack will do, but ideally it should be about 25 litres. It needs to be comfortable so it won't cause you any trouble when you're walking.
- ☐ **Waterproof trousers** - Waterproof outer trousers will keep the rain and mud off your clothes, keeping you cleaner, drier and warmer.
- ☐ **Gaiters** - these keep mud and water from entering your boots and are surprisingly effective. They also help keep your trousers clean.
- ☐ **Trekking pole(s)** - They are designed to take the strain off your knees, and are particularly useful for steep descents.
- ☐ **Mobile phone & Waterproof mobile phone bag** - Also useful for keeping your wallet and other such valuables in.
- ☐ **Map & Compass & plastic whistle** - If you do not know how to use them keep practicing.
- ☐ **Survival bag & small carry mat**