

HIKING EQUIPMENT CHECKLIST

HALF-DAY/EVENING SUMMER WALK (Low-Level)

waterproof jacket	First Aid kit
waterproof overtrousers	map
drink:	compass
➤ not fizzy	whistle
➤ not in a glass bottle	fruit
food	

DAY WALK (Summer) - all above plus: -

survival bag	sandwiches
spare sweater	

HALF-DAY/EVENING WALK (Winter) - all above plus: -

mittens	spare battery
scarf	emergency food rations
balaclava	map-case (if map not laminated)
additional food	spare socks
hot drink	possibly gaiters
torch	
spare bulb	

DAY WALK (Winter) - all above plus: -

tent/bivvy-bag	sleeping bag
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WEEKEND HIKE - all above plus: -

2 nd pair spare socks	sleepmat
2 nd spare sweater	

Please Note:

Boots		
stout shoes are a 2nd best for the half-day summer walk so long as they give some form of ankle support		
Socks		
comfortable, mostly wool	football socks tend to irritate the feet, and make them hot & sweaty	
Warm trousers		
tracksuit bottoms – only if thick & double-layered	thin, cotton trousers – only in summer	
wool mix trousers are best	100% nylon give no warmth	
jeans are banned , the reasons being that they are made of cotton and so:		
1. shrink when wet	2. take a long time to dry	3. are cold when wet
Top		
layers are best	vest – shirt – pullover – jacket – waterproof	
Hat/balaclava		Gloves/mitts
to cover ears		mitts are best
		nylon, windproof, semi-waterproof, + lining
Waterproof - <i>stress waterproof</i>		
jacket	overtrousers	
Torch		
spare batteries	spare bulb	
First Aid Kit – separate list available		
Food		
eg cheese sandwiches	fruit	
Drink		
no glass containers	no fizzy drinks – they aren't particularly thirst quenching	
Emergency Rations		
food in case of emergencies		
nuts & raisins	Food bars (must have a carbohydrate-to-fat ratio of at least 5:1 - ie amount of carbohydrate divided by amount of fat must be equal to or greater than 5)	
oat biscuits		
NOT chocolate (and this includes Mars bars, despite what the adverts say!)		