

Generic kit list – day hikes

If you're planning to come on a day hike this is the generic list of what kit you'll need for a full day on the fells. If you have any questions about what kit you need for a specific walk, please speak to the leader in charge.

If you've got any general questions, or if you're thinking of buying new kit and unsure about what to get, please talk to your section leader - if they can't answer your question they'll find someone who can!

We have limited amounts of some items of equipment that we can loan-out if needed, please ask your leader.

Walking boots are preferred and strongly recommended if you're going into the hills. If you don't have a pair of boots then sturdy trainers/approach shoes should be acceptable for most low-level routes - but please check with the leader in charge. Welly boots are not suitable for going into the fells.

A proper (hard shell) waterproof coat and pair of waterproof trousers are essential.

Don't forget to bring plenty to drink. If it's hot, make sure you bring extra water; if it's cold, bring a flask of hot drink and pack extra snacks.

Kit list:

- Walking boots
 - Activity/tracksuit trousers (NO JEANS; if you want to wear shorts, please pack zip-on legs or a change of trousers in case it gets cold higher up)
 - T-shirt/base layer
 - Sweatshirt/fleece layer
 - Waterproof coat
 - Waterproof trousers
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- Rucksack
 - Spare sweatshirt/fleece layer
 - Warm hat & gloves
 - Sunhat/sun cream/sunglasses
 - Packed lunch
 - Extra snacks (dried fruit, chocolate bars)
 - Sweets to share (optional, but always welcome!)
 - Water / non-fizzy drink } minimum 1 litre of fluids,
 - Flask of hot drink } bring more if it's hot
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- Permission form
 - Personal medication if needed
 - Emergency chocolate bars / sweets
 - Money for an ice cream/hot chocolate at the end of the hike (depends where we're walking!)