

SUGGESTED GEAR LIST FOR Walkers

- . Waterproof coat/jacket, leggings & hat**
 - . Jersey, balaclava, socks, longjohns, gloves**
 - . Hot weather gear e.g shorts & T shirt**
 - . Gaiters are a good idea to keep rubbish & rain out of boots**
 - . Towel & toilet articles**
 - . Sleeping bag & mat / stretcher**
 - . Sunscreen & insect repellent**
 - . Personal items and a roll of loo paper**
 - . Small first aid kit for yourself**
 - . Camera & torch**
 - . Your own mug, plates, cutlery & tea towel – unless stated otherwise**
 - . Water bottle**
 - . Personal medications**
 - . Money for the bar and Host Town**
 - . Baby wipes are handy when hand washing difficult**
 - . Small ground cover to put down in yards to put your gear on**
- Folding chair/stool.**