

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 a 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 a 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

- 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

- Permission form
- Personal medication if needed
- Emergency chocolate bars/sweets
- Money for an ice cream/hot chocolate at the end of the hike (depends on where we're walking)!

