

General gear you'll need

In reality a lot will depend on the weather conditions on the day and the particular activity or course. I'll always send out an email before an event with the latest forecast information and what this might mean in terms of packing your bag. The weather in Britain is notorious for being difficult to predict.

I can loan out bits of kit apart from personal items and I tend to bring some spares. If you are new to the outdoors we'd recommend you don't spend a fortune on new gear until you've been out with me so that I can suggest clothing/equipment that might work for you.

Please note - if you turn up without the essential kit and you've not arranged for me to bring a spare, you may not be able to join us on the trip. This is for your safety and others. You will not be refunded in such a circumstance!

If you have any questions not answered in the [FAQ page](#), please don't hesitate to [get in touch](#).

All activities

<u>Essential</u>	<u>Check</u>
Boots or recognised walking shoes (not trainers)	
Walking trousers - not jeans or other cotton trousers (See Note 1 below)	
Base layer - for example Helly Hanson or Merino Wool sports tops (See Note 1 below)	
Waterproof and windproof jacket	
Waterproof over-trousers	
Mid layer jumper/jacket such as a fleece which you can put on under your waterproof coat. Several thinner layers are better than one (See Note 2 below)	
Spare layers	
Hat and gloves (a spare set of each is useful)	
Personal medication	
Lunch and snacks for during the day – Chocolate bars (e.g. Mars, Snickers) can be eaten quickly and provide an energy boost. A minimum of 1L of water is recommended though some people need to drink more. Food stops are short but regular to prevent getting cold.	
Fully charged phone in a waterproof bag for emergencies	
Rucksack to carry everything (35L is plenty for a day walk, 60-70L for an expedition)	
Waterproof bags to wrap your clothing and equipment in. Do not rely on rucksack waterproof covers to keep anything dry!	
For NNAS Navigator Courses only - a stopwatch is essential. We'll be timing sections (not trying to set new speed records don't worry!). One that can be operated with gloves on is best. A cheap Argos watch with big buttons is perfect.	

Note 1 No cotton trousers or teeshirts. Cotton gets wet with sweat or rain, dries slowly and will chafe. It will absorb your body heat as it tries to dry out which will make you cold, uncomfortable and can lead to **Hypothermia**.

Note 2 We will be outside for much of the day so you will need to ensure you can keep warm and comfortable even in summer. On a hot day you will sweat while we are active and this can make you cold very fast if we stop for a break/lunch. It is widely recommended by outdoor enthusiasts and mountaineers that you wear more, thinner, layers than one big jumper. This layering approach allows you far greater regulation of body temperature. You can take layers off when active and put layers on when less active to keep the heat in.

All activities

<u>Useful but not essential</u>	<u>Check</u>
Gaiters (useful for going through damp ground, heather/bracken or crossing streams)	
Torch/Headtorch (just in case!)	
Camera	
Sunglasses and suncream (you just never know...)	
Flask with a hot drink	
Walking poles	
Midge repellent/Midge hat (See Note 3 below)	
Dry clothes/shoes to change into at the end of the walk (these can be left in your car in the boot)	
Relevant map, compass and a proper map case (Essential for ML navigation refreshers)	
Some money in case we pass a pub/tearoom	

Note 3 Essential in Scotland in summer – especially if you are staying at a campsite!

Additional for Wilderness Treks

<u>Essential</u>	<u>Check</u>
Changes of clothing as required (See Note 4 below)	
Head torch and spare batteries	
Water purification tablets/solution	
Gaiters	
Cutlery and mug (a mug is only essential if you are wanting hot drinks)	
Midge repellent/Midge hat (See Note 3 above)	
Personal toiletries (including toilet roll)	
* Expedition food for breakfast and evening meals/tea/coffee	
* Tent (you may be required to share a 2-person tent)	
* Sleeping bag (and liner optional)	
* Thermal roll-mat	
* Stove, lighter, fuel and cooking utensils	

Note 4 Even in the height of summer it can get cold at night. We're not talking about bring a full change of wardrobe for each day. But extra fleeces to stay warm or a Down Jacket can be useful once the sun goes down. Socks, underwear and baselayers will dry overnight in your sleeping bag and are designed to keep you warm even if you are damp to begin with. If the forecast is for heavy continual rain it will be more important to ensure you have good over-trousers and waterproof jacket.

* Items with an asterisk are items which we can provide / provide advice about (e.g. expedition food) but it is essential to discuss what you may need beforehand with us. Please note there is an additional cost for providing food, tents, stoves, sleeping bags and roll mats. We strongly recommend getting your own as these items are always useful. But we appreciate those visiting Britain from abroad may not be able to carry these items. We will bring a trowel, general first aid kit and bothy shelter.

Hire costs are:

- Expedition Food - £6 each. I get Wayfayrer food subject to availability and they are available online or in store from most outdoor and camping shops. It is the simplest to prepare as you just bung the bag in boiling water and simmer for 10 mins but it is heavier than freeze-dried food.
- Tent £10
- Sleeping bag £20 (the sleeping bag will need to be professionally cleaned between uses)
- Thermal roll mat £5
- Stove, lighter & fuel £10