

Use our packing list to help you save time. If there's anything extra you want to take, we've left a useful bit of space for you to add it on!

Clothes

walking boots		sun hat	
walking socks		rucksack	
waterproof jacket		space blanket	
quick-drying trousers/shorts		compact 1st aid kit	
layers for upper body			
warm hat			

Necessities when you set off

water			
food			
sunglasses			
suncream			
insect repellent			
map & trail description			

Good to have when you set off

anti-bacterial gel/wipes			
small zip-lock plastic bags			
small torch			
binoculars			
camera			