



## **Kit List - Summer Walking & Navigation Courses**

- ◇ Suitable under clothing
- ◇ Mid layers (At least one mid weight fleece)
- ◇ Quality hill walking socks
- ◇ Spare fleece/insulated jacket
- ◇ Waterproof jacket
- ◇ Waterproof overtrousers or salopettes
- ◇ Gaiters
- ◇ Hat
- ◇ Gloves

- ◇ Hill walking boots
- ◇ Rucksack (30 Litre+)\*

*For advice on equipment please get in touch*

## **Optional Extras**

- ◇ Walking Poles
- ◇ Camera
- ◇ Sun glasses
- ◇ Sun Cream
- ◇ Blister kit/ small first aid kit
- ◇ Whistle
- ◇ Vacuum Flask

## **Navigation Course Essentials**

- ◇ Compass (Silva type 4 recommended)\*
- ◇ Maps (Ask in advance which area)\*
- ◇ Watch with stop-watch
- ◇ Headtorch (Only where Night Navigation is planned)\*

*Please ask if you have any questions regarding kit. We are able to supply all technical equipment marked \*, please let us know what you need in advance.*