

Day hike kit list

Comfortable t-shirt/shirt

Walking trousers
(or shorts for the brave..)

Walking boots

Bridgedale endurance trekker

Walking socks



Day sack

- Emergency bivvy bag
- (Adventure medical kit)
- Torch (Maglite AA)
- First aid kit
- Water bottle (Sigg traveller 1.0L)
- Mapcase (sea to summit)
- Food and emergency rations
- Compass (Recta romer)
- Pocket survival pack
- (Adventure medical kit)



Kit list tick list

- Comfortable t-shirt/shirt**
- Bridgedale endurance trekker Walking socks**
- Walking trousers(or shorts for the brave..)**
- Walking boots**
- Waterproof Jacket and fleece**
- Emergency bivvy bag (Adventure medical kit)**
- Torch (Maglite AA)**
- First aid kit**
- Water bottle (Sigg traveller 1.0L)**
- Mapcase (sea to summit)**
- Food and emergency rations**
- Compass (Recta romer)**
- Pocket survival pack (Adventure medical kit)**