



## Day Walking Equipment on Moor & Mountain

### MINIMUM COMPULSORY EQUIPMENT AND CLOTHING

Think **LIGHT**

Every little bit adds up, unfortunately the lighter the more expensive, you pay more for less.



## Highland Walking/Camping

A Good rain coat is essential

Over-trousers & a Hat are essential.

&

would you drive your car on an empty fuel tank?

Have a good breakfast & bring plenty of nosh.

<b>Group Kit</b>		
<b>Item</b>	<b>Quantity</b>	<b>Comments</b>
First Aid Kit	1	See separate letter.
Map	1	Laminated 1:50,000 for open moorland Laminated 1:25,000 for enclosed farm land
Map Case	0	We don't need these, there heavy & not needed for laminated maps
Mobile Phone	1	Fully charges, one for each network is advantageous & wrapped to keep it waterproof
£ Some change	£2	To use pay phones or more importantly, purchase an ice-cream or chocolate bar when the opportunity presents its self. Who mentioned Chocolate bar, humbug, see Food!
Stove Pans	1	Trangia; <ul style="list-style-type: none"> <li>• Base</li> <li>• Wind shield</li> <li>• Pan</li> <li>• Lid or frying pan</li> <li>• Gas burner</li> <li>• Some means of lighting it; 'Fire Stick' + lighter</li> <li>• Pan handle</li> <li>• Strap to hold together</li> </ul>
Pan scrub		Depending on your cooking, you may need to clean you pan.
Gas	?	How many nights are you going out? 1 bottle will usually do 2 nights & 1 breakfast Rice! Only used partly cooked rice, dry rice, takes an age to cook!
Tent		<ul style="list-style-type: none"> <li>• Fly sheet The outer waterproof bit</li> <li>• Inner Sheet The inner bit &amp; fixed ground sheet</li> <li>• Pegs</li> <li>• Poles</li> <li>• X2 compression sacks, for the 'Fly sheet' &amp; 'Inner Sheet'</li> </ul>
Rubbish bag	?	1 per night
Who carries what?		<ul style="list-style-type: none"> <li>• It's usual to split the tent 3 ways: <ul style="list-style-type: none"> <li>○ Fly sheet &amp; compression bag</li> <li>○ Inner sheet &amp; compression bag</li> <li>○ Poles &amp; Pegs</li> </ul> </li> <li>• Cooker, this fits together with 1 gas canister</li> </ul> <p>But remember to move stuff about to ensure the group works together, so if someone is struggling, lighten their rucksack &amp; vice-versa</p>

<b>Personal Kit</b>		
<b>Item</b>	<b>Quantity</b>	<b>Comments</b>
Walking Pole	1 or 2	Not essential. Makes walking easier, works the upper body muscles to. Fantastic for improvised stretchers. Gives you that 3 <sup>rd</sup> leg for those boggy & slippery bits of the walk. Takes a considerable burden of your knees.
Rucksack	1	65lt. ensure you get it fitted, at a reputable outdoor pursuits shop. we all have different back lengths. The lighter the better, they vary from 1.3-3kg + empty.
Rucksack liner	1	No rucksack is waterproof (well 1 manufacture does make them, but always assume not) Cheap = thick rubble sack Better = Rucksack liner bag
Water bottle	1	Stout construction and with a good stopper. All water carrying systems are acceptable providing that they are serviceable. I'd suggest 2 carrying vessels. So 1 bottle is sterilising while you're drinking one. No fizzy drinks or squash (yuk, full of sugar), you can add fruit juice to your water if you want to enhance the flavour.
Cutlery/Crockery	1	1 spoon, 1 light insulated Mug with a lid. That's it!
Whistle	1	Attach this to your rucksack, on your shoulder strap by your neck. Fox Pro 40 is a good one.
SILVA type compass	1	Only use Silva compasses & either the 'Ranger 3' or 'Expedition 4'
Survival bag	1	Those big orange bags
Sleeping mat	1	Open cell foam mats are fine & maintenance Free. Air mattes are much more comfortable, prone to failure if you are not careful with them (thorns, sharp stones) & can be very heavy or very light depending on a big price tag!
Sleeping Bag	1	3 season, -10 rating The more you pay the lighter they are These must be packed in a separate dry-bag, which then goes inside your ruck-sack-liner
Compression bag	2	1 for your clothes & 1 for your sleeping bag
Torch		1 per tent essential. Small head torches are best. Those take AA or AAA batteries. New batteries & a spare set of batteries. Small & light, is good.
Emergency food	1	Chocolate bar, cereal bar, soup/hot chocolate sachet. Packed separately at the base of your rucksack. Needs to be difficult to get at!

<b>CLOTHING</b>		
Compression bag	<b>1</b>	To put your clothes in
Dry Bag	<b>1</b>	To put your clothes/compression bag in, which then in turn fits inside your Ruck-sack-liner.
Socks	<b>2+</b>	Really good <b>Trekking</b> socks Socks come as; Walking, Hiking & Trekking the latter are the best quality ***A pair per day is a good idea***
Base layer (Underwear)	<b>2</b>	Hugging, supportive, wicking. Avoid cotton. Think Sport wear! Think about bra straps & rucksack straps, choose one that is not going to rub! Lycra, Nylon, Polyester & Wool are good materials
Shirt	<b>2</b>	Long sleeved and of substantial material. Thick rugby shirt or sweatshirts are the acceptable minimum.
Trousers	<b>2</b>	Zip of nylon walking trousers are a great idea. Ideally robust and windproof. NO jeans.
Jersey or Fleece Jacket	<b>2</b>	1 "jersey" or "fleece jacket". They don't need to be anything fancy a £5 thick fleece from Tesco's is fine.
Gaiters	<b>1</b>	These are useful, but not essential High type, to below the knee
Waterproofs	1 jacket 1 trousers	Jacket to have an attached hood. Both garments to have taped seams and to be of robust construction. Just a waterproof shell is all we are after. A high quality Waterproof Jacket is so important to have, cheap trousers are ok, but zips to you thigh please.
Warm headgear	<b>1</b>	Should cover ears and top of head.
Sun Hat	<b>1</b>	Folding, wide brim. A life saver when it's hot
Footwear	<b>1 pair</b>	Boots that offer ankle support and have a Vibram-type sole.
Gloves	<b>1 pair</b>	Can you get them on/off with wet hands. Go on put them in the sink & try. If not, don't use them. Get some others.
<p><b>N.B.</b> Any clothing in your rucksack is to be wrapped in a waterproof bag or even better a dry-bag. This is, as well as your ruck-sack-liner.</p>		