



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.



Coast to Coast

These are such short walks, we can be quite flexible with clothing & footwear.

A Good rain coat is essential

Over-trowsers & a Hat are high on the list.

&

would you drive your car on an empty fuel tank?

Have a good breakfast & bring plenty of nosh.

Day Walking Equipment on Moor & Mountain

1. The **Group** must have:

Item	Quantity	Comments
First Aid Kit	1	<p>I'll bring one, so you don't have to carry anything, although the individual kit below is a very good idea.</p> <p><i>Recommendation:</i> should include Bandaid strips (6 cms wide), Zinc Oxide plaster (2.5 cm wide), 2 x 10 cm wide bandages, 2 x triangular bandages, 2 x Melolin gauze dressings, antiseptic wipes, blunt-nosed scissors, pain killers, Calamine cream, insect repellent, sunscreen.</p> <p>Individuals to carry; blister plaster pack, pain relief +</p> <p>Gaffer tape, catch those 'hot spots' early & you wont get any blisters. Stop as soon as they feel uncomfortable & get them taped.</p>
Map	1	I'll provide these
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
Survival Shelter	1	Essential, the school provides these
£ 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!

3. Each PARTICIPANT must have:

Item	Quantity	Comments
Walking Pole	1 or 2	Not essential. Makes walking easier, works the upper body muscles to. Fantastic for improvised stretchers. Gives you that 3 rd leg for those boggy & slippery bits of the walk
SILVA type compass	1	Only use Silva compasses & either the 'Ranger 3' or 'Expedition 4' Not essential, but you can't learn to navigate without one.
food FOOD FOOD FOOD FOOD FOOD FOOD	Loads	<ul style="list-style-type: none"> • Have a good breakfast, something more than a bowl of Cornflakes, this would NOT get you up the first hill. • If you're looking to burn fat, your body won't unless you have carbohydrates in your system. Walking is a fantastic fat burning exercise, working in your aerobic threshold. If you want to burn more, walk for longer, don't exercise harder, that will stop your body utilising the fat reserves. • Porridge is the fuel of champions or elite athletes eat cold pasta for breakfast. Yuk! • We don't need protein for breakfast so eggs, bacon & sausages won't help you at all. • If like most people you can't manage a good breakfast early in the morning, pack a good breakfast in your rucksack, as well as your walking food. • Bring loads & loads of food, you should have plenty in your sack when you finish. • Dried fruit, cereal bars, nuts, fresh fruit, sandwich, things low in sugar & high is unrefined carbohydrates. • Wholegrain is your recipe to success, wholegrain: bread, pitta, chapatti, pasta, brown rice, porridge & breakfast cereal. Wholegrain foods release food more slowly, keep you feeling full for longer & will power you up those hills. • You don't need any chocolate bars or boiled sweets. • This is your fuel tank to walk on, keep it filled up.....
Rucksack	1	Keep it small, preferably with a waist band, definitely 2 shoulder straps. + a bin liner to put things you want to keep dry in your rucksack.
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. Jacket is more important to have a high quality one, cheap trousers are ok, but zips above the knees work best.
Warm headgear	1	Should cover ears and top of head.
Footwear	1 pair	Boots that offer ankle support and have a Vibram-type sole are preferable, but you could walk in trainers & except you're going to get wet feet.
Gloves	1 pair	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.
Water bottle	1	Stout construction and with a good stopper. All water carrying systems are acceptable providing that they are serviceable. Bring 1lt No fizzy drinks or squash (yuk, full of sugar), you can add fruit juice to your water if you want to enhance the flavour. If it's cold & you bring a flask, deduct this from your 1lt

Whistle	1	Any old whistle is fine. Not essential for these short walks.
Survival bag	1	Only if you want to bring one.
Reserve Food Pack	1	Only if you are working towards other things.
Torch		Not essential, but if you want to bring one, not a bad idea with the dark nights. Small head torches are best. New batteries & a spare set of batteries. Small & light, is good. EverReady has just come out with, what looks like a cheap effective head torch ENERGIZER HEADLIGHT LEDX3, they're about £5

CLOTHING

Socks	1 pair	Anything will work on these short walks, but if you are planning ahead. Really good Trekking socks (trekking are for harder walking than walking socks) Packing a second pair is a good idea for longer walks
Base layer	1	This is your underwear. Hugging & supportive! Wicking type preferred; avoid cotton, Nylon, Polyester or Wool t-shirt is fine
Shirt	1	Long sleeved and of substantial material. Thick rugby shirt or sweatshirts is the acceptable minimum.
Trousers	1 pair	Almost anything will work on these short walks Ideally robust and windproof. Typical acceptable standard is Army style light-weight green trousers. I would strongly discourage you from wearing Jeans
Jersey or Fleece Jacket	1	1 "jersey" or "fleece jacket".
Gaiters	1	These are useful, but not essential High type, to below the knee

N.B.

Any clothing in your rucksack is to be wrapped in a waterproof bag.