

## EQUIPMENT CHECKLIST

Thank you for choosing TeamWalking for your Hill Skills Course or Outdoor Adventure.

### WHAT TO WEAR & BRING WITH YOU

#### What to wear

It is important to wear a 'layering system' of clothing as follows:

- Base layer – long-sleeved T-shirt
- Mid layer – fleece
- Outer shell – waterproof/breathable walking jacket and over-trousers
- Walking socks and walking trousers
- Walking boots. These must be waterproof with good ankle support and sturdy soles

Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. **Do NOT wear cotton (especially jeans) as cotton soaks up moisture.**

#### What to bring

- Sunhat, sunscreen and sunglasses (spring to early autumn)
- Warm hat and waterproof gloves
- Spare fleece and spare gloves in your rucksack
- Head-torch, and spare batteries (autumn to spring)
- Wristwatch
- Water bottle (at least 1 litre) and a flask of hot drink
- Packed lunch and high energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Waterproof bag for your mobile phone.
- Small personal First Aid kit (antiseptic wipes, plasters, paracetamol etc)
- Medications (if applicable)
- Rucksack (to carry all of this in!)

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- Put everything in a waterproof bag inside your rucksack, preferably a dry-bag.
    - Gaiters are a good idea if your walk includes heather moorland.
  - Walking poles are a good idea on challenge walks, wild camping trips or long distance walks.
- NB: Please provide your own personal walking clothes (base layers, walking trousers, socks etc).**

#### Navigation Equipment

We will provide OS maps and compasses for your walk, although bring your own if you have them.

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### NEED TO BORROW SOME OUTDOOR GEAR?

We can provide the following outdoor gear:

- Waterproof outdoor Jacket (sizes S - XL)
- Waterproof over-trousers (sizes S - XL)
- Fleece (sizes S - XL)
- Waterproof gloves (sizes S - XL)
- Warm hat
- Rucksack
- Head-torch
- Walking boots (sizes 4 - 12) – we recommend you wear your own boots if you have them

**NB: Please fill out your requirements on your Consent Form.**

### WHAT YOUR WALKING GUIDE WILL CARRY

We will carry group safety equipment during the walk:

- Group Shelter (waterproof and windproof tent-like shelter that can accommodate up to 12 people)
- Group First Aid Kit
- Spare warm layers, gloves and hats
- Confidence rope (mountainous areas)
- Spare head-torches, emergency repair kit (gaffer tape and cable ties)
- Spare maps

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### OUR CONTACT DETAILS DURING THE WALK

Your Walking Guide will be Mark Reid (Mountain Leader), unless otherwise stated on your confirmation email. If you or a family member wishes to contact Mark Reid before or during the activity, his mobile is

**07711 264019**