






















We have outlined below what we think you are going to need with you on a Private Guiding day. If there is anything you think we may have missed then please do let us know.

## ESSENTIAL

-  Daysack (rucksack up to around 30L)
-  Headtorch
-  Water bottle (minimum 1L)
-  Suncream
-  Walking snacks (chocolate, nuts, dried fruit)
-  Walking boots
-  Outdoor trousers/shorts (No jeans!)
-  Suitable shirt/t-shirt/baselayer
-  Warm sweater or a fleece
-  Waterproof jacket and over trousers
-  Gloves
-  Warm hat
-  Any personal medication

## OPTIONAL

-  Compass (base plate type)
-  Sunglasses
-  Sun hat
-  Camera
-  Walking poles
-  Compeed plasters (blisters are not fun!)
-  First aid kit
-  Outdoor gadgets (we love to see new gadgets!)