



## **What to Bring**

### **Essential Kit**

- **Clothing:** Sturdy boots (not flip-flops), waterproofs (because it *will* rain), layers (no jeans—wet denim = bad times), hat, gloves, spare socks (trust us).
- **Gear:** Rucksack (with a rain cover—snacks hate getting wet), sunscreen (because optimism), sunglasses (to look cool or hide the struggle), waste bag (leave no trace).
- **Food & Drink:** Packed lunch, snacks (bring extra—you'll make friends), 1.5–2.5L water (hydration, not dehydration).

### **Extras**

- Seat mat (luxury in the wild), walking poles (because uphill isn't a joke), gaiters (mud happens), midge repellent (save your skin).
- First aid kit (blisters don't wait), whistle (use wisely), survival bag (just in case).
- Cash/card (for the pub after), phone/camera (waterproofed, of course), toilet tissue (you'll thank us), waste bag (leave only footprints).

### **Special Walks**

- **Challenge Walks:** Extra snacks (fuel up), trek boots (serious gear).
- **Navigation:** Map (know where you're going), compass (no Google Maps here), head torch (because darkness sneaks up).

### **Safety First**

- Flip-flops = no walk. Be prepared or be left behind.
- Weather rules—rain or shine, we adjust, you stay safe.

**Questions? Ask us! We love a good gear chat (and we don't judge... much).**