

## Hill Walking Equipment

- ✓ Backpack
- ✓ Walking Boots (no shoes)
- ✓ Warm Clothing (no jeans)
- ✓ Waterproof Coat & Trousers
- ✓ Hat & Gloves
- ✓ Two Spare Fleeces
- ✓ Water (2 litres)
- ✓ Food (sandwiches, fruit, nuts, chocolate)
- ✓ Spare Food
- ✓ Sun Cream

*Everything on this list is vitally important.*

*Each person needs to have  
all the above equipment.*