



Walking and outdoor pursuits in the UK can mean facing a wide range of weather conditions, from hot and sunny to wet and windy with hail showers, sometimes all in one afternoon! Below are listed the essential and recommended items required to safely enjoy a good day out on your chosen outdoor adventure.



Walking & General

Essential:

- **Walking boots/stout shoes** - suitable for fell/hill walking. Best worn in to prevent blisters.
- **Walking socks**
- **Shorts AND/or trousers*** - suitable for walking. Not jeans/cotton (as get very cold if wet).
- **Fast drying layers** - including base layer, t-shirt, and fleece (or similar).
- **Rucksack** – lined with a plastic bag/dryliner &/or use a rucksack cover (to keep contents dry; in the UK rain is never far away).
- **Waterproof jacket with hood** – preferably breathable for comfort.
- **Waterproof trousers**
- **Spare fleece, jacket or wind stopper**
- **Warm hat and gloves**
- **Spare socks**
- **Plenty of snacks** - ie energy bars, sandwiches, flapjack, bananas, trail mix, jelly babies, etc.
- **Water/drinks** – 1-2 litres for shorter walks, 2+litres for walks over 10 miles and warmer weather. Reusable water bottles are sustainable and easy to refill. Hydration bladders are useful on longer challenge walks (but do need to be sterilised/cleaned properly between uses - Milton's fluid is great).
- **Headtorch & spare batteries** - a must for challenge walks, sunset walks, navigation courses & night walks.
- **Personal first aid kit** - ie antiseptic wipes, latex free gloves, blister plasters, plasters, personal medication (inhaler, EpiPen, tablets, etc), tape/bandage, tick removers, antiseptic cream, knee support.
- **Sunscreen/Insect repellent** (seasonal) – medication if have known allergies
- **Emergency contact/Medical** – Health form to be completed to take part in the activity
- **Sanitiser/hand gel & wipes**
- **Spare glasses (spectacles)**
- **Face mask****
- **Emergency equipment**** – ie phone, spare clothing, emergency rations, survival bag, shelter, whistle, map & compass.

Recommended:

- **Walking Poles** – great for rough ground and descents. You may not wish to use them all the time so you should be able to attach them safely to your pack
- **Lightweight technical t-shirt** – fast drying and more practical for outdoor activities than cotton
- **Down/Pertex jacket or gilet** – useful layer in cold dry weather and for rest stops
- **Scarf/buff**
- **Sit mat**
- **Notebook and pencil**
- **Camera**
- **Gaiters** - for muddy wet conditions
- **Sunhat/cap & sunglasses** – summer/sunny conditions
- **Spare clothes/shoes** - to change into after your walk (left in transport)
- **Flask** – great for warm drinks in colder weather

*if you wear shorts please ensure you also carry suitable walking trousers in your rucksack

** whilst Covid is still a concern for many we ask that you remain vigilant. We recommend you do not share food and equipment with other individuals or households except in an emergency (ie First Aid) or where the necessary precautions have been put in place. Please do not worry if you do not have all the emergency items but if you regularly participate in outdoor adventures such items are a good investment (and shelters are impossible to socially distance in!). Your guide will carry group equipment for emergency use only.

Below are additional items you will need for activities specified.



Foraging courses – additional kit

Essential:

- Your own reusable cutlery - knife, fork, and spoon
- Reusable/unbreakable mug

Recommended:

- Protective gloves
- A small pair of scissors (sheathed for safety)
- Reusable container – for samples, used cutlery, etc



Wild Swimming – additional kit

Essential:

- Swimsuit or wetsuit
- Swim/aqua shoes/old pair of trainers for being in the water
- Warm, loose layers
- Towel/towelling robe (micro-fibre towels recommended)

Recommended:

- Neoprene socks/gloves
- Something to stand on to keep your feet dry when getting changed
- Swimming ear oil or ear plugs
- Swimming goggles
- Bright coloured quality swim cap – [swim_hat](#) designed by Dan



Navigation courses – additional kit

Recommended:

- [Compass](#) with base plate
- Map of area (as specified for course booked)



Backpacking/Wild Camping – additional kit

Essential:

- Backpacking tent
- Sleeping mat
- Sleeping bag
- Change of clothes and underwear
- Cutlery - knife, fork & spoon or spork
- Mug
- Bowl
- Lightweight stove, fuel, lighter, spares
- Scourer/sponge
- Biodegradable soap - dual purpose for washing up and washing saves weight
- Small wash bag and essential toiletries/hygiene products
- Toilet trowel, paper and biodegradable bags (to carry out paper & rubbish, etc)
- Travel towel
- Meals, snacks and drinks as required - dehydrated keeps weight down
- Headtorch & spare batteries
- Extra First Aid items – ie wound dressings, gauze, zinc oxide tape, bandage & safety pins
- Small repair kit
- Water purification tablets or water filter
- Phone & battery pack/cable/charger
- Money/cards
- [Compass](#) with base plate
- Map of area (as specified when booked) & map case
- Whistle
- Survival bag

Recommended:

- Waterproof stuff sacks - to keep items separate and dry & can double up as pillow
- A Swiss army knife (or similar) – note [UK knife law](#)
- Small reusable container
- Sleeping bag liner
- Water shoes
- Sit mat
- Earphones
- GPS
- Book

If you have a query, please check out our [FAQs](#) or contact us direct.

Safe adventures!