

## Kit List for - Hill Walking & Scrambling Adventures

### To wear....

Waterproof jacket and trousers

warm and comfortable clothing - cotton and denim is not recommended

boots or approach shoes suitable for rough terrain

### To bring....

Extra warm clothing - especially jumpers/fleeces

warm hat

gloves/mittens

thermals

water bottle - with water or squash in

flask - with your choice of hot drink in

food & snacks - enough to keep you going all day

camera

map & map case & compass

whistle

a small first aid kit

sun cream/sun hat

camera

### To put it in....

30 - 50 litre rucksack

rucksack liner

a small waterproof bag for mobile/valuables

w: [www.real-adventure.co.uk](http://www.real-adventure.co.uk)

e: [dan@real-adventure.co.uk](mailto:dan@real-adventure.co.uk)

m: +44 (0) 7816 870 756

t: +44 (0) 1539 723 669

