

# Outdoors Kit List

You don't have to carry everything on this list, but leaving things out should be an informed decision based on conditions and your own experience.

## Clothing

### NO COTTON

Always start with at least one spare layer in your rucksack in summer, and 2 in winter.

If possible, keep spare clothing in waterproof bags - carrier bags are okay, proper dry bags are better.

- Base Layer (man made fibre/ merino wool)
- mid-layer 1 (fleece/wool)
- Mid-layer 2 (fleece/wool or insulation)
- Windproof/Waterproof Jacket
- Thermal Leggings (if required)
- Trousers (not Jeans)
- Windproof/Waterproof Trousers
- Socks
- Light Gloves
- Heavy Gloves
- Waterproof Gloves
- Hat
- Buff/scarf

## Standard Kit

- Map
- Compass
- GPS
- Phone
- Phone Case (Waterproof - Aquapac is cheaper, and better, than anything else out there)
- waterproof pen / paper
- First Aid kit
- Blister Kit
- Headtorch
- batteries / Spare Torch

- water bottle 500ml - 1L   
(in winter, consider using a flask for hot drinks)

## FOOD

lots of little snacks are best. Mix of Carbs and Protein: Flapjack, cake bars, pork Pies, Nuts, Scotch Eggs etc. Sandwiches tend to be a hassle on the hill. Chocolate is fine as 'comfort food' but tends to give you a short-lived energy spike which isn't always helpful

## Winter Kit (if conditions require...)

- Ski goggles
- Ice Axe
- Crampons
- Flask (metal ones are less likely to break - Wrap an ordinary flask in bubble wrap and tape)

## Overnight Kit

- sleeping bag
- sleeping mat
- air mat
- Dry Layers (for Sleeping in)
- additional Water Carrier
- stove
- Pan(s)
- Dinner
- Breakfast
- Cup / Bowl
- Cutlery (Spoon and pocket knife do most people)
-