

## Clothing

- Walking Boots
- Walking Socks - Outer / Inner Pairs
- Waterproof Socks
- Base Layers - Shorts / Tights / Upper Body
- Walking Trousers
- Walking or Wind Proof Jacket
- Waterproof Jacket / Trousers
- Fleece or Warm Jumper
- Hat / Gloves / Balaclava

## Luggage / Packing Equipment

- Day Back Pack (to take on the mountains)
- Dry Sacks or Plastic Bag (for wet clothes)
- Camelbak or Water Bottle

## Walking Equipment

- Head Torch & Spare Batteries
- Mini First Aid Kit\*\*, Pain Killers, Blister Plasters and Vaseline
- Insect Repellent, Sun Cream and Sunglasses
- Whistle and Compass

Mobile Phone

### Hygiene & Health

Toilet Paper

Prescribed Medication (if applicable)

### Other Optional Equipment

Walking Poles

Camera

\*\*Maps

\*\*Emergency Equipment – Silver Blanket, Survival Bag

\*\*All of our guides will have Emergency Equipment and Maps with them.

We are pleased to provide all trekking participants with a special discount to use at Cotswold Outdoor Ltd which is available to use both in their stores and online through their website. Terms & Conditions apply.