HOME START HIKE

KIT LIST

Essential Items

- Rucksack: 20-35 litres to carry your kit.
- Waterproof Jacket and Trousers: Lightweight and breathable.
- Comfortable Walking Shoes or Boots: Ensure they are well broken-in.
- Water Bottle: At least 1 litre containing water, more if the weather is hot.
- Food: High-energy snacks and a packed lunch.
- Map and Compass: And the skills to use them.
- GPS enabled device: All participants will be supplied a GPX file of the route
- First Aid Kit: Including blister plasters and personal medication
- Emergency Foil Blanket
- Mobile Phone: Fully charged. We recommend the app What3Words to be installed to enable your location to be shared with emergency services.
- Walk Director contact details: We advise that you carry these both in your phone and written down in case of loss of battery.
- Sun Protection: Sunscreen, hat, and sunglasses.
- Warm Layer: Lightweight fleece or jacket.

Additional Items for 26 mile route

- Head Torch and spare batteries: In case your walk takes longer than expected.

Optional Items

- Walking Poles: For added stability.
- Head Torch: In case your walk takes longer than expected.
- Spare Socks: For comfort.
- Dry Bag: To keep items dry in your rucksack, a bin liner can be used as an alternative.
- Insect Repellent: Especially useful in some areas.
- Sit Mat: For comfortable breaks.