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**RECOMMENDED KIT LIST**

**Rucksack**

The size you will require depends on how much you intend to carry. For a day walk, you will require at least a 20L rucksack and this should be adjusted to fit your back. Note that rucksacks come in different lengths so it is recommended that you visit a reputable outdoor shop to be fitted properly – they will be on your back for a long time!

*For buying advice, visit* [*https://www.cotswoldoutdoor.com/the-knowledge/walking/rucksack-buying-guide.html*](https://www.cotswoldoutdoor.com/the-knowledge/walking/rucksack-buying-guide.html)

**Waterproof liner for your rucksack**

Some rucksacks have a waterproof lining, but most haven’t. To ensure your food, electrics and spare clothes stay drive, it is wise to buy a waterproof liner, the size of which corresponds with the size of your rucksack.

**Walking poles**

Highly recommended to protect your knees, increase your speed, give your upper body a workout and support you with water crossings and in the event of a lower limb injury. All are adjustable to your height and come at various prices.

*For buying advice, visit* [*https://www.outdoorgearlab.com/topics/camping-and-hiking/best-trekking-poles/buying-advice*](https://www.outdoorgearlab.com/topics/camping-and-hiking/best-trekking-poles/buying-advice)

**Personal first-aid kit**

This should include items to help with aches/pains, blisters, bites, etc.

**Camera / mobile phone**

**Battery charger**

The batteries in your electronic devices will drain more quickly in colder temperatures so a battery charger can come in handy.

**Sun protection / sunglasses**

Ensure that your skin, lips and eyes are protected in all weathers.

**Food and water**

Ensure that you carry plenty of snacks and have at least 1.5 litres of water (more on a hot day) in your rucksack. Hydration bladders are helpful, enabling you to sip throughout your walk without the need to get your bottle out of your rucksack. Most rucksacks are bladder compatible but it is worth checking your rucksack has the facility to store your bladder.

**Waterproof jacket and waterproof over-trousers**

Always be prepared for a sudden change in forecast. Being soaked-through makes for a miserable walk!

**Insulating and breathable layers**

As your body temperature will change throughout your walk, it is better to wear layers in order to be able to add or remove. Garments made of breathable and wicking fabrics will improve your comfort.

**Comfortable trousers / leggings**

Avoid fabrics which take time to dry such as cotton and jeans. It is recommended that you wear full-length trousers / leggings and avoid shorts in case you need to walk through overgrown terrain where you will risk exposure to ticks.

**Walking socks**

Breathable and high wicking socks will maximise your comfort. You may wish to keep a spare pair in your rucksack.

**Gaiters** – these are not essential but help to keep your feet, boots and trousers dry.

**Hat & gloves** – it is advised that you always carry a hat and gloves in your rucksack, even in the summer in case of injury or if the temperatures drop.

**RECOMMENDED RETAILERS**

* Cotswold outdoor
* Go Outdoors – if you work for the NHS, you can enjoy a 10% discount
* Catstycam – you will enjoy a 10% for signing up to a GU2S event
* Millets
* Blacks
* Whalley Outdoor – footwear specialists
* Keswick Boot Compan