

CHECK LIST OF ITEMS TO BRING

Clothing

- Breathable tops or t-shirts but preferably not cotton
- Walking/cycling padded trousers or shorts / track suit bottoms / (Not denim jeans)
- Walking Boots / cycling shoes (not flip-flops or sandals)
- Specific walking socks or alternatively thick woollen socks
- Thin socks if desired to wear under thick woollen socks
- Fleece / pile jacket (or similar)
- Rain jacket (essential) and trousers

For your rucksack

- Water proof map case
- Gaiters (protective covering to go over top of the boot and the lower part of your leg for walkers)
- Warm Hat and Sun Hat
- Gloves / cycling Gloves
- Small Towel
- Water bottle / Thermos flask (for hot liquids)
- Lunchbox (or Tupperware), knife, spoon and beaker (or something to drink from)
- Swimsuit! (We do get good weather from time to time!)
- Camera & battery charger
- Sunglasses
- Sit Mat or plastic bag to sit on while eating picnic

Personal first aid kit: (to carry in your rucksack)

- Blister Treatment (Compeed, Second skin or Moleskin)
- Vaseline
- Ankle / Knee support bandages
- Arnica for bruising or sprains
- Disinfectant cream for minor cuts
- Band Aids /Elastoplast for minor cuts
- Lip salve
- Sun cream
- After sun-cream (Aloe Vera)
- Insect or Midge Repellent After-bite
- Tick tweezers
- Scissors

Travel

- Passport (with visa if necessary)
- Flight Ticket
- Driver's License
- Credit Card
- Copy of your Insurance Cover
- Money (some cash for your first few days)
- Suitcase Labels (on all bags)

Miscellaneous

- Power adaptor if necessary
- Mobile phone & charger
- Torch
- Whistle