

A Suggested Kit List for a Day or Night Hike

Good base layer – thermal or similar (upper and lower body)

Midlayer – microfleece jumper

Top layer – upper body; thick fleece. Lower body; activity trousers / Tracksuit bottoms (NO JEANS)

Full Waterproofs – top and bottom

Hat / gloves

Walking Boots

Day sack – containing drink (hot and cold), extra jumper, food, sweets, personal 1st Aid Kit

Torch