

#WALK4NEPAL

KIT LIST

Please ensure you have the appropriate required so that you can enjoy the day and keep safe in the event of bad weather. Being cold and wet in the mountains is not only unpleasant but can be dangerous

Clothing

- Waterproof jacket with hood
- Waterproof over-trousers – *make sure you can put the over-trousers on whilst still wearing your boots.*
- Beanie or warm hat
- Thin to medium gloves – *plus a spare pair in case one gets wet.*
- Walking boots or approach shoes – *must be sturdy and worn in! Halfway up the mountain is a bad time to learn that those new boots come with blisters...*
- Thick walking socks
- Wicking base layer top – *ideally long sleeved, this is worn next to the skin so don't bring cotton! Merino wool is brilliant but can be pricey.*
- Mid layer top – *worn between the base layer and outer jacket, a thermal top or lightweight fleeces is ideal*
- Outer layer – *a windproof synthetic jacket will be more breathable than a waterproof so reduces sweating whilst keeping the wind off you. You could use your waterproof with an extra thin layer underneath.*
- Spare warm layer – *a fleece or insulated jacket is ideal.*
- Walking/Hiking trousers – *please don't bring jeans or jogging bottoms, they don't cope well when wet!*
- Neck-gaiter/balaclava/Buff – *in case the wind picks up*
- Sun hat or cap

Safety

- Headtorch or torch – *highly unlikely needed but just in case...*
- Sun cream
- Waterproof rucksack liner/dry bags – *even a heavy-duty plastic bag will do, to keep your spare layers dry*
- Water bottle – *enough to carry at least 2 litres*
- Mobile phone

Personal items

- Rucksack – 25-35 litres in size depending how much stuff you plan to carry
- Lunch for the day – *think practical and high-energy food that's easy to eat on the go that won't blow away. Look for foods high in fats and with a mix of fast and slow release carbohydrate, e.g. sandwiches, Scotch eggs, dried fruit, granola bars, flapjacks, nuts, chocolate, Jelly Babies... some even swear by blocks of cheese!*
- Personal medicines – Inform your leader **at registration** of any conditions/medication you are taking

Optional extras:

- OS Explorer Map 392 and compass – *if you know how to use it.*
- Sunglasses
- Camera – *for happy memories of your event*
- Walking Poles – *to save the knees on the descents*
- Boot gaiters – *keep your feet dry if wet underfoot*
- Thermos flask – *always nice if cold weather forecast!*