

WALKING

KIT LIST

OUR MUST HAVE ESSENTIALS AND OPTIONAL EXTRAS

Clothing Essentials

- Strong walking boots
- Several pairs of quality socks
- Waterproof Jacket
- Waterproof Trousers
- Base Layer Tops
- Mid Layer (Fleece)
- Trousers or shorts
- Casual Clothes For When Not Walking
- Extra Light Shoes For Evening Use
- Sun Hat
- Hat & Gloves If Early/Late Season



Other Essentials

- Day Sack (20l -35l)
- Waterproof Cover For Bag And/Or Liner
- Energy Food
- Water Bottle Or Hydration Pack
- Sun Cream
- Sunglasses
- Insect Repellent Cream/Spray
- First Aid Kit With Basic Necessities (blister treatment)
- Camera, Charger & Spare Memory Cards
- Mobile Phone & Charger (important for quickly getting help in case of injury)
- Universal Plug Adaptor
- Any Medications You Take

Optional Extras

- GPS Device
- Compass
- Whistle
- Torch
- Walking Poles
- A Book (or Two) To Read
- Foldable Sit Mat

Don't Forget

- Passports
- Any Visas (Your Responsibility)
- Travel Documents
- Local Currency & Credit Cards
- Travel Insurance
- Hooked on Walking Tour Package

Remember What You Pack Is Down To Your Own Personal Preference. Make Sure You Pack For All Types Of Weather - Weather Can Change Quickly.

HAVE A FUN HOLIDAY & ENJOY!