



Isca Outdoor

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Walking equipment list

We provide

Map, compass, GPS, emergency equipment and first aid kit.

You need to bring

The equipment required will depend on both the time of year and the weather conditions.

Always required

Any medication as indicated on the medical form.

Walking boots and socks. If you do not have a pair of walking boots a sensible pair of strong shoes will do the job.

A bag to carry the following:

A bottle of water, the bigger the better.

Food / snacks to keep you going.

A coat, preferably waterproof.

Cold / Wet days

warm clothes. Best worn in layers.

hat, gloves, scarf

waterproofs – including coat with a hood and trousers.

warm drinks, such as hot squash in a flask. (in addition to water)

food / snacks to keep you going.

Warm / Hot days

Sunblock

Sensible clothes such as shorts / lightweight trousers, lightweight tshirt.

If you are wearing shorts, it may be a good idea to pack a pair of trousers for if it turns cold. The same applies to packing a mid layer or jumper.

Optional

A change of clothes for after the walk

A change of footwear.

Remember, everything you bring you will have to carry yourself or leave behind!