

# **What to carry in your back pack:**

## **ESSENTIALS**

1 - 1.5 litre of fluids (water / soft / energy drink)

First Aid Kit, (including printed medical details and any personal medication).

See: What to Carry in your 1st aid kit attachment

Good pair of walking shoes

Mobile Phone

Lunch

Whistle.

## **NON ESSENTIALS**

High energy snack food

Hiking pole if you have one

Toilet paper

Plastic to sit on

<b><u>WINTER/INCLEMENT WEATHER</u></b>	<b><u>SUMMER</u></b>
Wet weather gear (top and bottom)	Sun block/sun screen
Spare set of clothing left in one of the cars at the finish of the walk.	Hat
Beanie	
Gloves	