

Day Walk Checklist

Please ensure you have the following items so you are prepared for any eventuality whilst on a walk.

ABSOLUTE ESSENTIALS

- Boots (must be fully enclosed - no sandals. Boots are preferable although joggers are suitable for most *social* walks)
- Gaiters (unless otherwise specified) - may be loaned
- Daypack
- Water - minimum of two litres (bladder or two separate containers)
- Torch/headlamp with spare batteries
- Raincoat/poncho
- First Aid kit

RECOMMENDED

- Light fleece/thermal top
- Hat/cap
- Sunscreen and insect repellent
- Toilet paper and toilet trowel
- Rubbish bags (we take out what we take in, also for wet and muddy gear)
- Packliner/plastic bag (for waterproofing in case it rains)
- Lunch and snacks
- Whistle
- Map and compass (ideally the leader should not be the only participant with these items)
- Spare change of dry clothes for end of walk (be considerate of those members who provide your transport)

OPTIONAL

- Camera/binoculars
- Walking pole
- Protective gardening gloves or similar (useful for off track walks)

IMPORTANT

1. Trip leaders can choose to leave you behind if you are not properly equipped!
2. Keep to walks within the bounds of the walk grading as shown on the walk calendar.