



## Water Carrier

A large water bottle is essential. Keeping hydrated is a key part of enjoying your day out.

## Boots/Walking Shoes

Keeping your feet happy and comfortable is essential, you have two choices when it comes to footwear. Traditionally boots were the only option, but recent advances have meant walking shoes are becoming more popular, I would recommend the ankle support that boots provide. Whichever you choose, ensure that they are comfortable and well-worn in.

## Essential

- Walking boots/shoes
- Suitable clothing including good walking socks
- Hat
- Waterproof jacket (It does occasionally rain in this part of the world)
- Water carrier/bottle
- Food and snacks
- Rucksack
- First aid kit
- Cash and credit cards