**What to bring?**

* **Footwear** - Sturdy walking boots are always a winner, some walking shoes are acceptable but consider that we might (probably will depending on the time of year) be crossing boggy ground/small streams and you’ll also want to look after your ankles on rockier unstable ground.
* **Waterproofs** - Full body waterproof cover is a must year round.
* **Warm layer** – If temperature drops on any exposed parts of the route or just keep you warm at a lunch break.
* **Hat & Gloves**
* **Backpack**
* **Lunch, Snacks & Water –** All trips include a lunch stop or some sort of break providing the ideal opportunity to refuel, rehydrate & and enjoy our lovely surroundings.
* **Mobile Phone –** With my phone number on in case of emergencies. **07596066400**
* **Any Medication you require! I should have details of any of your medical conditions allergies etc. from your medical & consent form however please feel free to remind me and make me aware of any new injuries at the start of the trip.**

Come in comfortable clothes suitable for hiking (No jeans and umbrellas!) and please consider time of year and upcoming weather forecasts when preparing for your trip.

Other useful items to consider;

* Camera
* Cash
* Sun Glasses
* Sun Cream
* Head torch
* Whistle
* Dry/Spare socks
* Dry kit for the end of the day. If the weather doesn’t respond accordingly to my respective dances (it often doesn’t) its always nice to have dry stuff to get into before your journey home.
* Toilet paper – Nature may call and its better to be prepared, please also bring resealable bags or dog bags to dispose of used paper and take it home with you or until we pass a litter bin. **WE DO NOT LEAVE ANY RUBBISH ON THE HILLS!**

I always carry safety equipment, first aid and spares on trips if you wish to bring your own please feel free to do so but rest assured I have it covered. If you have any questions about kit and what to bring please feel free to email or call me.

**Navigation courses** – All navigation specific equipment is provided but please feel free to bring any of your own.