



## Kit List for the Hills – Built on Experience, Not Guesswork

Time on the hills has taught me one simple truth: preparation matters.

In the Army, there's a saying, *Proper Planning Prevents Piss Poor Performance*. It's blunt, but it's accurate. The hills work the same way. They don't care about your experience, your fitness, or how many summits you've ticked off. They will find the gap in your preparation, and when they do, it usually comes at the worst possible moment.

This kit list is built from real use in the Lake District, in all conditions. It's designed to give you a solid, practical foundation whether you're heading out for a short day, a longer push, or an overnight stay.

You'll notice it's layered. Start with the basics and build from there. Don't overcomplicate it, but don't cut corners either. The aim is simple, be comfortable, be prepared, and most importantly, not become a risk to yourself or to the people who might have to come and help you.

The equipment links included are there purely to give you an idea of the type of kit being referred to. Use what works for you, your budget, and your experience level.

One final point, this list is not aimed at winter conditions. That's a different level entirely and requires specific equipment and planning, which I'll cover separately.

Stay safe, and enjoy the hills.

- E = Essential
- A = Advantage
- U = Useful (but not critical)

### Day Hike – The Non-Negotiables

Item	Notes	E/A/U	Example (Amazon)
Rucksack (20–30L)	Light day setup	E	<a href="https://www.amazon.co.uk/s?k=day+pack+20l&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=day+pack+20l&amp;tag=rucksackrec05-21</a>
Water bottle (1–1.5L)	Hydration	E	<a href="https://www.amazon.co.uk/s?k=nalgene+bottle&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=nalgene+bottle&amp;tag=rucksackrec05-21</a>
Valley food	Snacks + lunch	E	<a href="https://www.amazon.co.uk/s?k=trekking+food&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=trekking+food&amp;tag=rucksackrec05-21</a>
Waterproof jacket	Always carried	E	<a href="https://www.amazon.co.uk/s?k=waterproof+hiking+jacket&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=waterproof+hiking+jacket&amp;tag=rucksackrec05-21</a>



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Warm layer (fleece)	Even in summer	E	<a href="https://www.amazon.co.uk/s?k=fleece+hiking&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=fleece+hiking&amp;tag=rucksackrec05-21</a>
Walking boots / trail shoes	Grip + support	E	<a href="https://www.amazon.co.uk/s?k=waterproof+hiking+boots&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=waterproof+hiking+boots&amp;tag=rucksackrec05-21</a>
Map & compass	Don't rely on phone	E	<a href="https://www.amazon.co.uk/s?k=silva+compass&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=silva+compass&amp;tag=rucksackrec05-21</a>
Map case	Keep it usable	E	<a href="https://www.amazon.co.uk/s?k=map+case+waterproof&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=map+case+waterproof&amp;tag=rucksackrec05-21</a>
Headtorch	Even for short days	E	<a href="https://www.amazon.co.uk/s?k=headtorch&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=headtorch&amp;tag=rucksackrec05-21</a>
Mobile phone + powerbank	Emergency comms	A	<a href="https://www.amazon.co.uk/s?k=powerbank&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=powerbank&amp;tag=rucksackrec05-21</a>
Personal first aid kit	Blisters + basics	A	<a href="https://www.amazon.co.uk/s?k=first+aid+kit+hiking&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=first+aid+kit+hiking&amp;tag=rucksackrec05-21</a>
<b>Foil space blanket</b>	Critical emergency kit	E	<a href="https://www.amazon.co.uk/s?k=foil+space+blanket&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=foil+space+blanket&amp;tag=rucksackrec05-21</a>
Gloves & hat	Rapid heat loss prevention	E	<a href="https://www.amazon.co.uk/s?k=thermal+gloves+hat&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=thermal+gloves+hat&amp;tag=rucksackrec05-21</a>



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### Long Day Hike – When It Starts to Stretch

Item	Notes	E/A/U	Example (Amazon)
Rucksack (30–40L)	Extra capacity	E	<a href="https://www.amazon.co.uk/s?k=hiking+rucksack+35l&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=hiking+rucksack+35l&amp;tag=rucksackrec05-21</a>
Extra food	Energy top-ups	E	<a href="https://www.amazon.co.uk/s?k=energy+bars+hiking&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=energy+bars+hiking&amp;tag=rucksackrec05-21</a>
Flask	Hot drink = morale	A	<a href="https://www.amazon.co.uk/s?k=thermal+flask&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=thermal+flask&amp;tag=rucksackrec05-21</a>
Waterproof trousers	Weather turns fast	E	<a href="https://www.amazon.co.uk/s?k=waterproof+trousers+hiking&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=waterproof+trousers+hiking&amp;tag=rucksackrec05-21</a>
Spare socks	Dry feet matter	A	<a href="https://www.amazon.co.uk/s?k=hiking+socks+merino&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=hiking+socks+merino&amp;tag=rucksackrec05-21</a>
Gaiters	Wet ground / bog	A	<a href="https://www.amazon.co.uk/s?k=hiking+gaiters&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=hiking+gaiters&amp;tag=rucksackrec05-21</a>
Dry bags	Keep kit dry	E	<a href="https://www.amazon.co.uk/s?k=dry+bags&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=dry+bags&amp;tag=rucksackrec05-21</a>
Water purifier	Optional flexibility	A	<a href="https://www.amazon.co.uk/s?k=water+filter+camping&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=water+filter+camping&amp;tag=rucksackrec05-21</a>
Digital watch	Time awareness	E	<a href="https://www.amazon.co.uk/s?k=digital+watch&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=digital+watch&amp;tag=rucksackrec05-21</a>
Notebook & pen	Route notes	E	<a href="https://www.amazon.co.uk/s?k=waterproof+notebook&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=waterproof+notebook&amp;tag=rucksackrec05-21</a>
Group shelter	If in a group	U	<a href="https://www.amazon.co.uk/s?k=group+shelter&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=group+shelter&amp;tag=rucksackrec05-21</a>



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### Overnight / Wild Camp – Self-Sufficient Mode

Item	Notes	E/A/U	Example (Amazon)
Rucksack (45–55L)	Full load carry	E	<a href="https://www.amazon.co.uk/s?k=osprey+rucksack+50l&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=osprey+rucksack+50l&amp;tag=rucksackrec05-21</a>
Tent	Shelter	E	<a href="https://www.amazon.co.uk/s?k=1+person+tent+hiking&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=1+person+tent+hiking&amp;tag=rucksackrec05-21</a>
Sleeping bag	Season appropriate	E	<a href="https://www.amazon.co.uk/s?k=3+season+sleeping+bag&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=3+season+sleeping+bag&amp;tag=rucksackrec05-21</a>
Sleeping mat	Insulation from ground	E	<a href="https://www.amazon.co.uk/s?k=camping+sleeping+mat&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=camping+sleeping+mat&amp;tag=rucksackrec05-21</a>
Stove + fuel + lighter	Cooking	E	<a href="https://www.amazon.co.uk/s?k=camping+stove+set&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=camping+stove+set&amp;tag=rucksackrec05-21</a>
Expedition food	Evening + breakfast	E	<a href="https://www.amazon.co.uk/s?k=freeze+dried+meals&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=freeze+dried+meals&amp;tag=rucksackrec05-21</a>
Water bottle + purifier	Supply management	E	<a href="https://www.amazon.co.uk/s?k=water+filter+camping&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=water+filter+camping&amp;tag=rucksackrec05-21</a>
Bivi bag	Backup shelter	U	<a href="https://www.amazon.co.uk/s?k=bivi+bag&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=bivi+bag&amp;tag=rucksackrec05-21</a>
Warm layers (full set)	Static warmth	E	<a href="https://www.amazon.co.uk/s?k=thermal+clothing+set&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=thermal+clothing+set&amp;tag=rucksackrec05-21</a>
Gloves, hat, thick socks	Heat retention overnight	E	<a href="https://www.amazon.co.uk/s?k=thermal+gloves+hat&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=thermal+gloves+hat&amp;tag=rucksackrec05-21</a>
Evening clothes	Dry comfort	A	<a href="https://www.amazon.co.uk/s?k=camp+clothes&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=camp+clothes&amp;tag=rucksackrec05-21</a>
Ear plugs	Wind + noise	A	<a href="https://www.amazon.co.uk/s?k=ear+plugs&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=ear+plugs&amp;tag=rucksackrec05-21</a>
Wash kit & towel	Hygiene	A	<a href="https://www.amazon.co.uk/s?k=travel+towel&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=travel+towel&amp;tag=rucksackrec05-21</a>
Headtorch + spare batteries	Critical at night	E	<a href="https://www.amazon.co.uk/s?k=headtorch&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=headtorch&amp;tag=rucksackrec05-21</a>



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Item	Notes	E/A/U	Example (Amazon)
Rope, sling, karabiner	Terrain dependent	U	<a href="https://www.amazon.co.uk/s?k=climbing+sling+karabiner&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=climbing+sling+karabiner&amp;tag=rucksackrec05-21</a>
Helmet	Scramble terrain	U	<a href="https://www.amazon.co.uk/s?k=climbing+helmet&amp;tag=rucksackrec05-21">https://www.amazon.co.uk/s?k=climbing+helmet&amp;tag=rucksackrec05-21</a>