

What to carry with you on a walk is an individual decision based on your own judgement, but remember that the walk leader can refuse to take you on a walk if they consider you are ill prepared. This is not intended to be an exhaustive list of what you should have, but a best practice starting point. When considering what to have with you, remember that the weather can change unexpectedly, or a walk might take longer than planned due to unexpected circumstances.

***It is better to carry something and not need it than to need it and not have it.***

**Should have - don't rely on someone else having something**

- Fully charged mobile phone - consider saving the number of the walk leader
- ICE card - contact details In Case of Emergency
- Individual first aid kit including plasters, compeed, pain killers, anti histamine cream etc. and any time specific prescription medications, tick removal tool
- More than sufficient food and drink
- Suitable footwear - boots or walking shoes
- Suitable trousers/shorts (jeans not advised)
- Waterproof jacket and trousers
- Spare warm layers
- Change of footwear especially if travelling in someone else's car
- Anything that is specifically advised for the walk

**Advised to have**

- Powerbank
- GPS device or App
- Map and Compass
- Whistle
- Sunglasses (including in winter)
- Hat
- Gloves
- Spare laces
- Spare socks
- Walking poles - depending on the walk/preference
- Gaiters - depending on walk/preference
- Bag for your rubbish
- Rucksack rain cover (and/or dry bags for contents)
- Sit Mat (or equivalent) for breaks
- Sun screen, insect repellent, midge net
- Emergency blanket/survival bag

**Winter extras (but consider carrying some of them normally)**

- Head torch and spare batteries (spare head torch easier than changing batteries)
- Extra spare warm layers, including spare gloves
- Hand Warmers
- Beanie
- Buff
- Survival bag
- Microspikes (or crampons and ice axe if so advised)
- Ski Goggles