

What should I wear and bring with me?

- Walking boots or walking shoes - if buying new ones wear them around the house or for a short walk near to home before embarking on a longer walk. Boots provide better ankle support than shoes. Make sure your socks are also comfortable with your chosen footwear. Some walkers wear wellingtons when it is very wet but although they keep your feet dry they can be difficult to walk in and don't always keep your feet warm.
- Trousers or shorts - Light weight quick drying trousers with some stretch are good but denim jeans are **NOT** recommended as they are heavy and cold when wet. Shorts are comfortable in warmer weather but beware of stinging nettles! In colder weather you can always add thermals underneath trousers.
- Layers - your body temperature can change quite quickly getting hot as you walk but cooling down quickly when you stop so it is a good idea to have several layers which you can remove or add as necessary.
- Jackets - a warmer jacket for cold weather and a light weight windproof one during warmer weather. A waterproof jacket is recommended as well as waterproof trousers or over trousers.
- Hats and gloves - depending on the time of year, warm ones for the winter, sun hats in the summer.
- Gaiters - useful for protecting the lower part of your trousers from mud
- Small rucksack or day sack - useful for carrying a drink or snack or your lunch if on an all day walk plus your extra layers and waterproofs.
- Walking pole(s) - a useful aid when tackling steep ascents and descents and when the paths are slippy
- Personal first aid kit - cuts and scratches happen occasionally. Please ensure you carry any special medication e.g. EpiPen, insulin and please download, complete and carry with you an **In Case of Emergency (ICE) card**.