

## Mountain Day Kit List

### Clothing to wear

Synthetic/moisture-wicking underwear (not cotton)	Essential
Walking trousers	Essential
Walking socks	Essential
Walking boots	Essential
Base layer top: Thermal/moisture-wicking top	Strongly recommended
Base layer bottoms: Thermal/moisture-wicking leggings	Optional
Liner socks	Optional

### Clothing to wear or be carried in rucksack

Waterproof trousers	Essential
Warm mid-layer top or fleece	Essential
Waterproof jacket	Essential
Waterproof gloves	Strongly recommended
Thermal/Warm hat	Strongly recommended
Thin gloves	Optional
Buff or Neck gaiter	Optional

### Personal equipment

Rucksack (28 - 35 litres)	Essential
Spare walking socks	Strongly recommended
Spare warm mid-layer top or fleece	Strongly recommended
Rucksack liner or small dry bags to keep spare clothing dry	Recommended
Compass	Recommended
Map	Recommended
Stopwatch	Optional

### Food/Drink

Water (2 litres is ideal)	Essential
Lunch (e.g., sandwich, wrap, cold pasta)	Essential
Protein snacks (e.g., nuts and seeds)	Recommended
Energy bars or similar (e.g., fruit and nut bar, oat bar)	Recommended

Chocolate/high sugar bar (Snickers, Mars Bar, Kendal Mint Cake)	Recommended
Cake or flapjack	Recommended
Fruit	Recommended
Hot flask of drink (Tea, coffee, hot chocolate, soup)	Recommended