



Check List - Ordinary Day Walk

Day Pack: Of adequate size and comfortable fit

Fluid: An amount sufficient to last at least the duration of the walk.
(as a guide – one litre for each 10 kms of the walk)

Food: Lunch plus high energy snacks, plus some reserve

Wet weather gear: Waterproof and coat and waterproof over trousers

Woollen jumper (if not being worn)

Attire: Sturdy boots, Woollen socks (2 pairs), Jumpers (as required), Shorts or trousers (no denim), Long sleeved shirt with collar, Hat with brim.

Other Personal Items: Sunscreen, Sunglasses, Toilet paper and Personal medication.

Petrol money: As advised by the Walk Leader

Checklist - Alpine Day Walk

Day Pack: Of adequate size and comfortable fit

Fluid: An amount sufficient to last at least the duration of the walk **plus a reserve**
(as a guide – one litre for each 10 kms of the walk)

Food: Lunch plus high energy snacks **plus significant reserve**

Wet weather gear: Waterproof coat and waterproof over trousers

Extra tracksuit: top and trousers - or similar

Woollen jumper (if not being worn)

Balaclava or beanie, plus woollen gloves or mitts, and spare socks

Thermal underwear

Attire: Sturdy boots (must), Woollen socks (2 pairs), Jumpers (as required), Shorts or trousers (no denim), Long sleeved shirt with collar, Hat with brim.

Other Personal Items: Sunscreen, Sunglasses, Toilet paper and Personal medication.

Optional Extras: Light-weight water proof shell and a towel.

Petrol Money: As advised by the Walk Leader.