



## Kit list for walking

- \* waterproof walking boots
- \* selection of thin, breathable undergarments (so you can remove them if hot)
- \* socks which are comfortable with the boots (test them before the weekend and carry plasters!)
- \* waterproof lightweight jacket with hood
- \* waterproof trousers to go over....
- \* lightweight walking trousers (jeans not a good idea)
- \* energy snacks
- \* daysack (for carrying energy food, spare clothes)
- \* water bottle/Camelbak (and flask if you want one)

Please be aware the wrong equipment can spoil the day for everyone so the organiser may not allow you to participate if you are not able to wear suitable boots or rainwear or do not have a water bottle. Check out the weather forecast before you set off and come prepared for the conditions (eg, woolly hat/gloves if cold, sunscreen if sunny, etc).

## Kit list for biking

- \* bike and helmet!
- \* puncture repair kit & spare inner tube
- \* pump
- \* water bottle/Camelbak
- \* waterproof
- \* appropriate cycling clothes
- \* energy snacks
- \* daysack

