



Waymark Adventures

Hillwalking Kit List

CARRYING

- ☐ Rucksack (25 - 30L)
- ☐ Rucksack liner

WEARING

- ☐ Walking trousers/leggings - shorts are fine in hot weather
- ☐ T-shirt (not cotton)
- ☐ Fleece/thermal layer
- ☐ Warm jacket
- ☐ Waterproof jacket - must have a hood
- ☐ Waterproof trousers
- ☐ Walking boots/shoes
- ☐ Hats/gloves - even if its warm

EATING

- ☐ Lunch - substantial
- ☐ Snacks
- ☐ Water bottle (1l minimum)

SEASONAL

- ☐ Suncream/hat
- ☐ Midgie net
- ☐ Head torch

SAFETY

- ☐ Survival bag
- ☐ Personal first aid kit (including any personal medications)
- ☐ Whistle - most rucksacks have one built in