

## Summer



## Hill walking and Navigation courses

### Suggested kit list

- 30 litre rucksack
- Lightweight, stiff boots
- Suitable underwear
- Mid layer (at least one fleece)
- Spare fleece/insulated jacket
- Hat and lightweight gloves
- Waterproof Jacket
- Waterproof Trousers
- Sunglasses
- Sun cream
- Water bottle  $\geq$  0.5 litres
- Lunch
- Thermos flask (optional)
- Camera (optional)
- Maps of area to be used \*
- Compass \*

\*this kit can be supplied at an extra cost.

Please consult with us about any kit queries, we can advise on the appropriate model you may need.

