



Suggested Equipment List:

- A full change of clothes
- Rain Jacket and Rain Pants (if you have them). If you don't have a rain jacket, please try to borrow one.
- Hiking boots or walking shoes ideally. Something that is waterproof. If you don't have these and can't borrow a pair, please have a pair of runners that can get wet and dirty.
- Limit the amount of cotton you wear as if it gets wet it will make you cold.
- If possible, wear football jerseys, running tops etc. and a fleece jumper as they hold less moisture.
- Synthetic material in tracksuits, shorts or leggings all work
- **No hoodies or jeans**
- Please bring a bag (that you can wear on your back) with some snacks and a drink. You will also need a spare jumper, a hat and gloves in the bag. If you don't have them please try to borrow them for the hiking days.