

### Information on kit and clothing for a day in the mountains

- The most important thing will be peoples feet and keeping them in good condition. For walks in the mountains walking boots are advised. Typically they need to be half a size bigger than a person's feet as your feet swell when they get warm. They need to be broken in and have proper ankle support. **BOOTS ARE A MUST IN THE WINTER!** For moorland and coastal walks walking boots are advised but trainers would be fine if the weather and ground is dry
- Avoiding blisters is key as if they are too serious it could be the end of the challenge for those affected. If feet can be kept dry it helps although doing exercise for 6-8 hours will result in a lot of sweat (particularly if going up mountains. I usually use 2 pairs of socks. A thin inner pair and a hiking outer sock. The inner pair usually is thin and has no seams or better stitching. The outer gives the padding and wicks the sweat. The movement between the two pairs of socks stops the movement happening between them and your skin creating heat and a blister. If you know you have particular parts of your feet that do blister it will be as well to apply the blister plaster before you set off so as to avoid having to remove socks and boots during the trek. I will have blister plasters with me.
- Staying hydrated is also key. I would suggest brining about 2ltrs of fluids for a day walk. This could be a mixture of water and a hot drink in a flask.
- Clothes. As usual layers are the way forward. If legs get wet the body seems to cope although if this can be avoided it is best. The upper half though if possible needs to remain dry, especially if something goes wrong. Wearing too much creates the same impact as not being waterproof, as you sweat away. It can be tricky to get this right but would suggest a carrying a spare base layer if possible. That way you can get dry if too hot and it gets rid of salt and any dampness. It is important to waterproofs even if the weather is good encase of any problems; they are good for keeping the wind out too! Keeping the rucksacks dry is also advisable. A small micro fleece is usually good (worn if cold with spare in pack but kept in a shopping bag tied up rather than worrying about expensive rucksack liners; only one needed if warm weather).
- For summer walks in the mountains (not on coastal walks) I would also suggest a small pair of gloves and a beany hat. If people bring a cap in case it is sunny as its exposed out there with no shelter. If people have trousers that zip off into shorts, these too can be ideal. In the winter a decent pair of waterproof gloves is essential!
- Food, people need to have had enough food before starting but not so much all the blood is in the stomach digesting it. Keeping the intake regularly is also key. Only eating at set points is not enough if you are burning the amount of energy expected as your body physically won't take in enough calories on spaced meals. Nuts, sweets but also foods that fill the stomach need to be consumed. Bananas are good but can get mashed in rucksacks.
- Pacing, the problems with a mixed group is this is hard to judge, too fast and you sweat and then have to stop for slower members meaning you cool down. Too slow and fitter members get cold as they are not burning enough to keep warm. If you do need to stop, it should be brief and food should be being consumed or someone checking the map and times as to where they are. We do need to stay within sight of one another at all times and on tricky ascents/descents stick close (although not too physically close) to each other
- Fitness - all team members will need to be honest about fitness and review how they are feeling along the way, this is as much about you as the rest of the group. If you don't feel

you are able to continue when we are at a stop and have been struggling during the previous section then you will need to say. Understandably none of us will want to do this but for your own health sake and the sake of the group (note what it says about pacing above) this is important

- General, I will have a first aid kit and survival bag but would suggest everyone has phone, even if turned off, fully charged and in a waterproof bag such as a sandwich bag. If people have head torches these are ideal but also a spare set of batteries. I will bring a small hand torch as a spare. If sunny you will need sun cream. The last thing we want is heat stroke. In the breaks please avoid taking off boots if possible. If you do take boots off, your feet swell and it is harder to get boots back on. Not only this but the potential for blisters is also a lot greater as the boot has moulded at this point and when you put your foot back in, if not perfect will give you problems.
- Bring sunglasses to protect your eyes. There will be times (e.g. if scrambling up/down when they may get in the way but on the longer walks on the top, if it is sunny they will be useful).
- In the mountains walking poles are worth their weight in gold if you are able to use them. You may want to practice with them before the walk.

N.B. This is just general advice. Clearly walking in Studland Bay in the summer is very different to walking in the Brecon Beacons in February! If you are not sure about anything please just ask.

## Kit list

This is a kit list for a day trek.

For the trek itself - either to be worn or carried as listed

- Appropriate walking boots with ankle support
- Walking socks x2 (one to wear) and a spare pair
- Shorts/Trousers (depending on weather), if cold you may want to bring base layer trousers too!
- Synthetic t-shirt
- Fleece layer
- Waterproof coat - whether it rains or not, you may want something to keep the wind out on the tops
- Waterproof trousers
- Spare warm layer (extra fleece or down jacket) - when it is winter
- Sunglasses
- Hat
- Sun cream (spring summer)
- Walking poles (optional but bring them if you have them - your knees may thank you). In winter they are also useful for testing the ground in snow and depth of snow particularly if you are not sure of the terrain under the snow. E.g. boggy terrain
- Rucksack
- Means to carry water you need to be able to carry 2L of fluids. Even on a cold day you will sweat when climbing mountains!
- Lunch - try and pack it well. Avoid bananas as they get squashed. Honey sandwiches, peanut butter are always good. You will use the energy you eat. During a day we are likely to stop 2-3 times so you will want to bring enough food for at least a couple of stops.
- Snacks / drinks you want to eat along the way
- First aid kit - I will bring one but if you have one, no harm in bringing it
- Toilet roll - optional for a day trek but could be useful to at least have some tissues (just in case!)
- Vaseline
- Head torch and spare batteries
- Phone
- Note book and pen - may be useful or just good to record the journey, thoughts or perhaps draw!

Optional (but not a bad idea)

- Map and compass - I will bring these so you don't have to
- Camera / phone

Boxed kit (left in van)

- Spare food for when you get back - bananas good here!

- Spare water to rehydrate when you return
- Spare set of dry and warm clothes in case of being caught in the rain
- Trainers or flip-flops in the summer to put on in the car / van
- Medical supplies related to any specific conditions, allergies or preferences you have around pain killers, etc