

Walking Kit – What to Take

What you need to take with you as essential items when walking and hiking depends a bit on where it is your are planning to go - you are unlikely to require a torch and survival bag when strolling around the shores of the local lake.

However, if you are planning to go further a field, you need to consider what might happen if you or a member of your party sprains or breaks an ankle - or the weather suddenly changes when you are high on an exposed ridge.

Good weather and warm temperatures in the valleys can offer a false sense of security - the temperature and wind levels are often very different after only a few hundred metres of ascent.

Here is a list of what is commonly considered the absolute minimum when hiking in the mountains and fells.

- **Food and water for the day**
- **A little extra high-energy food for emergencies.**
- **Suitable clothing for the environment** - fleece, hat, gloves, waterproofs, sunglasses
- **Some spare dry clothes** (eg extra fleece) for emergencies.
- **Suitable footwear**
- **Suitable cap**

If you are planning to walk in a particular area a lot - you might consider the more durable plastic coated laminated maps which are available.

- **Compass and knowledge of how to use it**
- **Basic first aid kit**
- **Pen/pencil and paper**
- **Watch** (or means of telling the time)
- **String** (surprisingly useful for all sorts of things)
- **Swiss Army Knife** (just as useful)
- **A survival bag**
- **A whistle**
- **A torch**

These last two items may be your only means of summoning help.

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- **Ice axe and knowledge of how to use it** (essential in snow and ice) if walking in Winter
- **Crampons** - just as essential in snow and ice if walking in Winter
- **A suitable rucksack** or day sack to carry it all in.

A rucksack or day sack liner will keep all your items dry should the weather turn. *(There are commercial rucksack liners available but a bin liner is perfectly adequate - just don't forget to check it every couple of weeks for holes/deterioration).*

Even together, the items above weigh very little.

BGMA TIPS!

But if this all seems a bit excessive, remember, better to have and not want - than to want and not have.