

ON HIGH HILLS

CLIENT KIT LIST---SUMMER HILL-WALKING SCOTLAND

- 3 season mountain boots - not trainers
- good quality walking socks
- waterproof and breathable jacket (with a hood)
- waterproof and breathable over trousers
- 'wicking' base layer T-shirt- NOT cotton, which will stay wet and cold when you sweat
- fleece mid layer
- spare thick fleece jacket (in addition to the one above)
- trousers (I do not recommend shorts due to the increased risk from tick bites)
- warm gloves and spares (they will get wet and cold if it rains)
- warm hat
- rucksack
- plastic survival bag
- small first aid kit with blister plasters and any medication you normally take
- small head torch
- Food and drink for the day
- Waterbottle and/or flask (at least 1 litre)
- sun hat
- sunglasses
- sun-cream
- gaiters (optional, but recommended!)
- walking poles (optional, but recommended to save the knees!)