

YH walk kit list

To wear walking.

Walking boots

Walking socks

Thermal or comfortable top

Fleece or sweater. Remember the efficiency of layering several lighter clothes for warmth and temp regulation.

Walking trousers, warm and NOT jeans

If the weather is horrible you will need to wear your waterproof jacket and trousers.

To carry

Rucksack approx 55-65litre capacity

2xstrong plastic bags to line your rucksack

Survival bag/blanket

Personal first aid kit

Watch

Whistle

Notebook and pencil

Torch and spare battery

Emergency food ration, not to be eaten until the end

Food and drink enough for 1 supper and 1 breakfast. Remember the 2 course supper needs to be light to carry and give enough calories and nutrition to sustain you. Breakfast can be cooked or cold eg cereals. If you are cooking you need to be finished, washed up and ready to leave the hostel at 8.30am

Pan scourer, tea towel and washing up liquid

Water bottle filled

Knife fork and spoon

Mug

Matches

Wash kit, small

Towel

Waterproof and windproof jacket

Waterproof trousers

Spare pair of walking socks

Spare walking trousers not jeans

Spare shirt

Warm hat and gloves

pack of cards or game

plastic bags for rubbish

sleeping bag

