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Kit List for Adventure Challenges

We want these days out to be accessible to anyone especially novices so we understand that you may not have some of the kit needed for these trips. We have a small amount of kit available for lending so if you don't want to purchase anything just yet please get in touch with us as soon as possible so that we can make sure you have everything you need in time for your expedition.

When experienced hikers take to the hills of Britain in the summer months they will wear clothing that is comfortable, practical, wicks away sweat and dries quickly. They will wear hiking trousers and what is known as a technical 'T' shirt. On top of this they will wear a mid-weight pull over and have a fleece in their rucksack with a waterproof jacket and trousers. They will wear layers of clothes so they can adjust to the constant changes of temperature due to elevation, weather, or physical exertion.

This sort of clothing is not actually that expensive to buy, although we realise that you may not want to spend money on hiking clothes just yet.

When you come for a hike with us you will be expected to have your own waterproof jacket and trousers at a minimum. The clothing you choose to wear must be comfortable and dry quickly, definitely no denim. Please do not bring umbrellas as they get destroyed in the wind. If you have any queries about what to wear please contact us.

Your walk will be much better appreciated if you are wearing the correct clothing and waterproof hiking boots. Obviously your experience and comfort will depend on how well prepared you are for the weather we may encounter. It can be very cold high in the mountains even in the summer months and weather can change very quickly. You need to be aware that it is simply not possible to go indoors and the car could be 6 hours walk away. We always prepare for the worst in the mountains!

We supply all technical equipment for our adventures such as ropes, harnesses or buoyancy aids.

Please read this list carefully and make sure you bring everything you need.

Equipment List for Hiking

- Small backpack
- Water bottle - 1 litre
- Torch (head torches are best)
- Camera/film/memory card
- Waterproof Jacket and trousers
- Fleece
- Warm jumper
- Warm hat or balaclava that can be rolled up into a hat
- Gloves
- Hiking trousers
- Sunglasses
- Sun hat /peaked hats/bandanas for keeping the sun off
- Toilet paper
- Sun block
- Insect repellent
- Whistle (Pea less)
- Any medication that you require

- Snacks

Rock Climbing / Abseil Kit List

- Comfortable and warm clothes (Waterproof jacket and trousers are highly recommended)
- Suitable strong footwear (trainers)
- Water

Canoeing

- Spare comfortable and warm clothes to change into if you fall into the water
- Spending money for tea/snacks
- Swimming costume or Pair of old trousers or shorts to wear
- Old boots or shoes you don't mind getting wet (must be closed toe)

Other

- Leisure wear for the evening

Toiletries

- Wash kit
- Biodegradable soap (available from good camping shops) to avoid polluting the mountains
- Toilet paper
- Sun block
- Insect repellent
- Any medication that you require