

KIT LIST

Spring Walking

Local walking guide *John Ward* shares his kit list and expert advice.



Summary of recommended kit list:

- Rucksack (with waterproof cover)
- Hiking boots
- Layered, comfortable clothing
- Fleece for cooler days
- Lightweight waterproof jacket and bottoms
- Sunglasses
- Food and drink
- Walking poles

BASELAYERS

For comfort, pack with a layering system in mind. Of course, the weather conditions will dictate how many layers you pack for your trip. Lightweight, sweat-wicking t-shirts and long sleeve tops will give you the most comfort during walks. If it's going to be sunny, make sure the materials have a high sun factor rating. Tops made with merino wool are great for colder days, with the added advantage of absorbing odours.

WATERPROOF OUTERLAYERS

If it rains, you'll need to wear trousers and a waterproof jacket. Pack quality waterproofs if there is the potential for

cold and wet conditions on the coastal path or moors. During the warmer months there will be less chance of rain so a lightweight and packable set of waterproofs will be sufficient.

TROUSERS/SHORTS

As always, the weather will dictate what you pack, so check the forecast before arriving. Make sure your legwear is comfortable when walking. Seams or hems will rub your skin so avoid wearing a pair of tight jeans. Look for a quality pair of walking trousers, shorts or leggings made of breathable fabric.

FOOTWEAR AND SOCKS

Seek advice from experts at a specialist outdoors shop to choose the right footwear for your walking trip. Pick boots and shoes to suit the terrain and conditions you are likely to experience. A good pair of hiking boots should offer ankle support, have excellent grip for a mix of terrain, and be made of breathable materials. Wear in the boots before your walking holiday to help ward off rubbing, hot spots and blisters. Choose light weight socks for summer walking and thicker socks for walking in winter.

WALKING POLES

Walking poles are useful for steep uphill and downhill, or longer mileage walks. They can help with balance over uneven terrain, give support to knees during descents, and help propel yourself up steep slopes.

WATER BOTTLE

Staying hydrated is a must. Headaches, dizziness and a bad mood are symptoms of dehydration. Pack a refillable water bottle or a hydration bladder for your day pack, and drink little and often.

Additional items to consider bringing:

Hat and gloves for cooler days or a peaked cap for warmer days should be included in your rucksack. Sunglasses, sun cream, camera or a phone with camera, small first aid kit, binoculars, a notebook and pen, prescribed medication, blister plasters, headache tablets, insect repellent and antiseptic gel or wipes are all additional extras worth packing.