

Equipment List

This is a list of the required equipment for walking club trips, whether a day trip or weekend trip. For trips to mountainous regions (Lake District, Snowdonia, Peak District etc), it is absolutely vital to come properly equipped. Remember that the weather in the mountains can be cold and wet, as well as very changeable, all year round even in summer. It is not an exaggeration to say that if you are not wearing suitable clothing or footwear, you put yourself and others at risk - and you may not be allowed on the walk. In particular, **don't wear jeans or casual shoes/trainers** – walking boots only please! Finally, remember that you'll want warmer gear in the winter months, especially thicker gloves and insulated layers. If you have any questions then please ask someone from the club – we like talking about gear!

Clothing

- Waterproof Jacket
- Waterproof Trousers
- Walking Boots + walking socks (**not casual shoes/trainers/DMs**)
- Fleece/Jumper (+ additional layers in cold weather)
- Walking Trousers (**not jeans!**)
- Gloves/Hat

Equipment

- Rucksack
- Water bottle(s) (Carry approx. 2l)
- Torch
- Mobile Phone
- Medications (e.g. inhaler, epi-pen)
- Sunglasses/Sun cream (weather permitting)
- Plastic bags or dry bags to keep equipment dry

For Weekend Trips

- Sleeping Bag/Duvet Cover (check with trip organiser)
- Spare clothing (in case stuff gets wet)
- Casual clothes and footwear
- Money for two pub meals
- Wash Kit + Towel
- Small day rucksack

Food

- *Local Walks/Day Trips*: Bring a suitable **lunch** and enough to drink.
- *Weekend Trips*: **Money needed for pub meals** on Fri/Sun evening. Breakfasts, lunches and Sat dinner provided (all help prepare the meals). **Bring extra food to supplement lunches**: cereal bars, trail mix, chocolate, sweets, savoury bits etc. as well as any extras for the evening.

Borrowing Equipment

The club has a limited number of waterproof jackets + trousers, sleeping bags and headtorches that can be borrowed. Contact the Trip Organiser to do so.

Buying Equipment

Most of these items can be purchased relatively cheaply from Go Outdoors (Abingdon Road) or Decathlon (Botley Road).

Club Gear

The club brings maps, compasses, first aid kits, SAM splints, emergency shelters and ropes that are split between the group members to carry.

Notes on Equipment

This is a very brief guide to the sort of equipment to take. Some people will happily discuss gear endlessly but all the basics are here. There's a huge amount of information online to find out more. There's the BMC's New Hillwalkers Guide (<https://www.thebmc.co.uk/new-hill-walkers-booklet>) and various online guides on sites such as www.ukhillwalking.com and www.outdoorsmagic.com as well as instructional videos (e.g. <https://www.youtube.com/user/glenmorelodge/videos>).

Footwear

Walking boots: These have the grip, support and weatherproofing to keep you safe. Trainers, Doc Martens, casual footwear etc. are not suitable and must not be worn on club trips. If you buy new boots, wear them before the trip to break them in.

Walking Socks: These need to be thick to prevent blisters and keep feet comfortable. Maybe consider a thin liner pair as well – some people find that these help prevent blisters.

Waterproofs

Waterproof jacket and trousers (not optional!) These are vital to keep you dry and therefore warm. They also keep the wind out. They must be 100% waterproof. Fabrics such as Gore-Tex, event and Paramo's Analogy are very good; other brands are often equally good. Casual jackets/showerproof jackets won't be enough.

Other Clothing

The best approach is to wear a number of layers: a "base layer", a fleece/jumper and then a waterproof if necessary.

Trousers: Jeans are definitely not suitable as they are heavy, uncomfortable and slow drying when they get wet. Proper walking trousers are best – these can be bought quite cheaply. Tracksuit bottoms (not jogging bottoms/sweatpants) are an OK alternative too, as are sports-type leggings.

T-Shirt/Shirt: Synthetic materials (or merino wool) are best as they dry quickly and wick away sweat. Try to avoid cotton as it doesn't do either of these. In cold weather, a thermal top is good too.

Fleece/Jumpers: Fleece is really good for outdoor activities – warm, light, relatively cheap and quick drying. Consider taking two: a lightweight one to wear whilst walking and a thicker one if gets cold when you stop.

Additional Warm Layer/Insulated jacket: It's essential to have a spare layer for when stationary or if it is colder than expected. A thick fleece is good for this. Alternatively, an insulated jacket (i.e. something puffy) is something to consider for trips in colder months. They can be expensive but low cost versions are readily available. Down is very warm for its weight and packs down small but, given that the conditions in the UK are often damp, synthetic (e.g. PrimaloftTM) is probably a better option as it retains warmth when wet and dries more quickly.

Hat/Gloves/Scarf: Essential. The type you take obviously depends on the time of year (but don't forget it can be cold in the mountains all year round). In winter, insulated, waterproof gloves are a good idea and you should always take spares, as it is easy to lose a glove.