



# Hiking Checklist

## ***Get On Yer Hike***

*For Mental and Physical Fitness*

- Rucksack
- Hiking Boots
- Waterproof Jacket with hood
- Waterproof over trousers
- General trekking trousers
- Thermal top and fleece top
- Warm hat
- Gloves (waterproof better)
- Spare layer e.g. fleece top
- Torch (preferable head torch)
- Food and water bottle
- Mug
- Whistle



# Hiking Checklist

## **Get On Yer Hike**

*For Mental and Physical Fitness*

- Mobile phone
- Mobile battery charger useful
- Hand sanitiser
- Toilet paper + disposable bag
- Backpacking trowel useful
- OS Locate app on phone
- Emergency survival bag
- Compass and map
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