

Kit List



Please ensure that you bring the following items with you. Rossendale weather, as you are probably aware is unpredictable and often very wet. If you have any queries about these items, please email: **info@abigailstrails.co.uk**

1. Sturdy footwear (ideally hiking boots or trails shoes with a good grip)
2. Waterproof coat (essential)
3. Waterproof trousers
4. Water bottle with water (I usually bring 1 litre for a 2 hour walk) and a flask of hot drink (optional)
5. Spare socks in case your feet get very wet
6. Snacks (bring lunch if you have booked on a longer walk of 4+ hours)
7. A warm jumper if it gets cooler
8. A camera / phone if you would like to take some photos on the way
9. Personal first aid kit (plasters / suncream / insect repellent / antihistamines...etc).
10. A head torch, if you have one, just in case!!