

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: abigailstrails@gmail.com.

1. Sturdy footwear (ideally hiking boots or trails shoes with a good grip)
2. Waterproof coat (essential)
3. Waterproof trousers
4. A warm jumper (it can get a bit windy)
4. Water bottle with water (I usually bring 1 litre for a 2 hour walk)
5. Spare socks in case your feet get very wet
6. Snacks (we will have at least 1 rest stop)
7. Packed lunch if on a 1/2 day or full day walk (please try to use reusable containers so that we minimise the risk of leaving rubbish behind)
8. A camera / phone if you would like to take some photos on the way
9. Anything you may need for your dog
10. Personal first aid kit (plasters / suncream...etc).