



# JOHN LEES MOUNTAINEERING

## **Kit List: Hill Walking & Navigation Skills Day**

Organised by: John Lees Mountaineering

Suitable For: Day hikes in UK hill/mountain terrain (spring–autumn conditions)

This list has been designed to be ticked off when you have packed each item :)

### **Clothing**

Essential:

Waterproof jacket (with hood – fully taped seams)

Waterproof trousers

Insulating mid-layer (e.g. fleece or synthetic jacket)

Base layer (synthetic or merino – avoid cotton)

Hillwalking trousers (no jeans or cotton)

Warm hat (beanie or buff)

Gloves (water-resistant or thermal)

Recommended (depending on forecast):

Spare warm layer (in rucksack)

Sunhat and sunglasses

Lightweight windproof layer

### **Equipment**

Essential:

Rucksack 30L - 40L for day use)



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Dry bags or liner to keep gear dry

Map (OS Explorer or Landranger for local area)

Compass (e.g. Silva Type 4 or similar)

Whistle

Watch (analogue or digital – not phone-dependent)

Recommended:

GPS device or phone with GPS app (with spare power bank)

Pen/pencil and waterproof notebook

## **Footwear**

Essential:

Suitable Mountain footwear with good grip.

## **Food & Drink**

Essential:

Packed lunch

Snacks (e.g. flapjack, nuts, dried fruit)

Water (at least 1–1.5 litres)

Recommended:



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Flask with hot drink

Electrolyte tablets (in warm weather)

## **Safety & Emergency**

Essential:

Personal first aid kit (plasters, blister care, pain relief)

Head torch (even if not planning to be out late)

Emergency survival bag or bivvy

Mobile phone (charged, in a waterproof case)

Provided by instructor:

Group first aid kit

Group shelter

## **Optional Extras**

Trekking poles

Camera

Notebook for skills notes

## **Other Essential Items**

Personal medication (instructor should be informed if relevant)