

Winter Walking - Kit List



saaigoutdoors

Walking in Winter brings a whole new set of challenges and Risks. Below is a list of essential and optional items that you may wish to consider carrying with you. Keeping you safe is a priority, especially in the unpredictable conditions that winter brings. This should help you to be more prepared.

1) What to wear:

- Walking boots. Stiff soled and waterproof. - B2 or B3 rated
- Quality Walking socks, - maybe try out a thin base layer sock under your normal walking socks
- Comfortable walking trousers. -
- Wicking base layer top - not cotton
- Thermal Base layer leggings - Thin layers work well.
- Mid Layer top.
- Comfy underwear
- Buff
- Gloves & Hat
- Gaiters

2) What to bring along, carry the following in your rucksack, Use a plastic carrier bag, rucksack liner or dry-bag to keep things dry in your rucksack.

- Waterproof jacket and waterproof trousers.
- Spare hat, socks, gloves.
- Windstopper Outer layer type jacket. -Could be a microfleece/micro puffer jacket etc
- Head torch. -brighter the better.
- Protection from the sun, sun hat, sun cream, sunglasses.
- Ski-goggles - Clear, double lenses
- Whistle
- Crampons - Hire item
- Mountaineering Axe - Hire Item
- Helmet - Hire Item
- Snow Shovel - Hire Item
- Compass & Maps
- Walking Poles - If you are used to using them.
- Any personal medication / first aid items you need
- Spare batteries for your headtorch. (please have these in a waterproof bag, box or container.)

3) Food & drink, You need to take with you what you wish to eat and drink. Something like:

- Flask (Warm drink)
- Packed Lunch & snacks
- It is important that you carry the right amount of food for your journey. The average body can consume around 60g Carbohydrate per hour comfortably. Take a good combination of carbs/sugars/calories, across different foods. Do not just pack jelly babies for example.

