

Guided Walks - Kit List



saaigoutdoors

Safety and enjoyment, two of the pillars on which SAAIGoutdoors bases every trip, challenge or activity. The weather, preparation, fitness and equipment all play a part in the enjoyment of our courses. This gives you a guide by which to tailor the equipment & clothing that you take walking. There are also a number of mandatory items that we insist you bring with you.

1) What to wear: Your normal hill walking clothes

- Walking boots or walking shoes, good ankle support is our recommendation.
- Quality Walking socks, comfort is essential. (maybe try out a thin base layer sock under your normal walking socks)
- Comfortable walking trousers (no Jeans please)
- Comfy underwear
- Wicking base layer top
- Mid layer fleece / Windstopper layer

2) What to Bring Along: Carry the following in a small 20-30 ltr rucksack.

- Waterproof jacket and trousers
- Personal food, snacks and drink
- Carry at least a litre of water
- Any personal medication
- Warm hat, gloves and an additional warm layer
- Midge repellent
- Head torch & spare batteries(if a full day trip)
- Protection from the sun, sun hat, sun cream, sunglasses
- Whistle

3) Optional / Suggested items

- Walking Poles (optional)
- Map & Compass (if not provided on course)
- GPS and mobile phone

