

## **Making the most of your day walks with Red Rope . Going Equipped**

One of the ways we can make the most of our walks is to make sure we are adequately equipped. This is a suggestion for a list of equipment we should take with us when walking in the hills and countryside. Amend the list to suit the specific conditions you may encounter.

### **A suggested kit check list**

#### **What to wear,**

- walking boots (that provide support, protection from water and provide grip)
- socks
- shorts / trousers (more walkers stick to trousers these days due to the risk of
- wicking baselayer
- insulating midlayer
- fleece jacket
- waterproof jacket
- waterproof over-trousers
- hat/cap
- gloves
- gaiters
- watch
- map and compass (easy to reach at short notice and not locked away in your rucksack)

*Check Dashforit for offers on maps and compasses – Silva Expedition 4 (Non Military) can be used for measuring distance, taking grid references and of course taking a bearing.*

#### **In your rucksack**

- drink
- food
- emergency food
- sunhat / sunglasses /sunscreen
- insect repellent (seasonal)
- spare gloves
- spare socks
- whistle - call for assistance by 6 blasts with a minute pause between each group of 6
- mobile phone
- first aid kit - keep it simple – sufficient to get you off the mountain with bad cuts and sprains.
- bivi bag
- group shelter (at least 1 in the group)
- torch, plus spare battery and bulb
- trekking poles (optional but useful on ascents and descents and especially when carrying a heavy load)
- GPS device (optional and not as a substitute for a map and compass).

#### **When members get involved in the clubs activities we sign up to the following:**

***I recognise that hillwalking, climbing and mountaineering are activities which carry a risk of personal injury or death. I take responsibility for my own actions and involvement in these activities.***

Taking responsibility for our own actions involves taking the right equipment when walking in the hills and countryside.

Send any suggestions for amendments to this list to [mikehargaden@btinternet.com](mailto:mikehargaden@btinternet.com)

You can find out more information on hill walking in the BMC leaflet New Hill Walkers whether you are a new hill walking or an old hand at it. <https://www.thebmc.co.uk/Handlers/DownloadHandler.ashx?id=1206>