KIT LIST

SINGLE DAY WALKS:		FOR MULTIDAY WALKING ADD:		FOR MULTIDAY WALKING AND CAMPING ADD		OPTIONAL EXTRA'S:	
Walking Boots/Shoes		Toiletries		Tent/Bivi		Camera	
Walking Socks		Pyjamas/thermals		Sleeping Bag		Notebook & Pen	
Waterproofs (Jacket and Trousers)		Changes of clothing & underwear (generally 3 changes)		Roll Mat		Walking Poles (recommended)	
Fleece (extra layers)		Extra Walking Socks		Extra Food		Binoculars	
Head Torch (& extra batteries)		Chargers for phone/cameras etc		Cooking Equipment (pots/pans/ utensils/cutlery/bowl/plate/mug/ matches/stove/washing up stuff etc)		Umbrella	
Backpack (20-30lts)		Towel (if needed)					
Map (& compass)		Shoes/slippers for end of day					
Food and Snacks		Any booking information etc					
First Aid Kit (including blister care)		Books/music/cards (things to do etc)					
Water bottle/flask		Larger Backpack					
Money (including cash)							
Hand Sanitiser							
Phone (fully charged)							
Hat/Gloves/Buff/Sunglasses/ Sun-cream/Lip-balm (weather depending)							
Pilgrim Passport/Llwybr Cadfan Journal							