



Crag 2 Mountain

*"Inspiring Adventure"*

# Hill Walking Kit List

## CLOTHING

- **Boots** – Well-fitted walking boots are the most important piece of clothing, badly fitting boots will ruin your day and maybe your feet. A good walking boot will be much safer on more technical ground, main features to look for are a sturdy sole (Vibram or similar), ankle support and a waterproof material (either leather or other fabrics with Goretex lining). See this great BMC article [here](#).
- **Waterproof Jacket** – A good waterproof jacket can make your life much more comfortable if the weather is bad. It must have a hood that will stay up when it is windy and good materials that breathe well are Neoshell, eVent or Goretex.
- **Waterproof Trousers** – Long side zips will help you get your waterproof trousers on or off over your boots, keeping your walking trousers and your socks dry!
- **Thermal/T-shirt** – a good wicking base layer will help keep you cool when it is hot and warm when it is cold. Merino or Yak wool is very good but expensive, many companies produce synthetic clothing that performs as well.
- **Warm Mid Layer** – A fleece or synthetic layer or similar that you can either carry if it's warm or wear to walk in when it's not.
- **Warm 'Booster' Layer** – When you stop walking you will cool down quickly, carrying an insulated 'booster' layer will really help your comfort and in an emergency could be a lifesaver. Synthetic materials stay warmer when wet and can therefore be put over a waterproof jacket, saving the need to remove your waterproof layer in the rain.
- **Trousers** – Quick drying materials are best, get some you can move your legs freely in. Jeans are not suitable for a day on the hill.
- **Socks** – Well fitting socks that won't wrinkle behind your heels and cause blisters. 'Loop stitch' socks that are thicker than a normal sock are best.
- **Gloves** – Temperatures drop significantly, always carry some gloves.
- **Warm Hat** – If you have a hood on your warm layer then you could choose to leave a hat behind, but it's not much extra weight to put in for a Hill day.
- **Sun hat and Sun Cream** - Weather dependant.
- **Sunglasses** – Essential to get the mountaineer look in all your photos.

[www.crag2mountain.co.uk](http://www.crag2mountain.co.uk)

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## EQUIPMENT

- **Day Rucksack** – 20-30 litres will work for a hill day.
- **Waterproof Rucksack Liner** – One large liner to put everything in and maybe a couple of individual dry bags to put your hat and gloves or booster layer into. Good dry bags have a roll top and are nice and lightweight, such as Exped and Alpkit ones.
- **Walking Pole/s** – Not essential at all but a lot of people really like them. One is often enough to help especially with steep descents.
- **Water Bottle** - At least ½ litre in a water bottle that will not leak inside your rucksack.
- **Flask/Thermal Mug** – a mug of tea is good morale if the weather is cold and wet! Small flasks/thermal mugs are ideal and weigh a lot less.
- **Headtorch** – Essential on any mountain day. Take the batteries out to prevent it accidentally turning on in your rucksack, remember to bring them and a spare set with you!
- **Small First Aid Kit** - Not essential.

## FOOD

- **Energy bars**
- **Fruit**
- **Lunch**

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