

Kit to be worn:
Layers of clothing, so that you can remove items if you become too hot.
Do not wear Jeans, as they do not dry very well if they become wet. Wear long warm trousers, such as tracksuit trousers/joggers.
Wear a warm sweatshirt/jumper/fleece (carry one if hot)
Warm socks, proper hiking socks can be bought, if buying new socks purchase ones without seams on the toes, as the seam can cause blisters.
You must always wear a reflective jacket; you will be loaned one of these for the duration of the hike.
You will also need to wear ankle bands when the light starts to fade.
You will need reflectors or reflective strips on your rucksack.
You will need to wear hiking boots with a good tread. Do not wear trainers.
A whistle is to be worn but must only be used in an emergency.
All activities will be run in accordance with the Scout Association Safety Rules. No responsibility for personal equipment, clothing and effects can be accepted by the Leaders, and the Scout Association does not provide automatic insurance cover in respect of such items.