

## **Longer Walks Group advice to walkers**

### What to wear and what to bring on a long walk

Clothing appropriate for walking at the particular time of year, to include a waterproof outer layer/jacket, quick-drying walking trousers, walking boots with appropriate socks and a small rucksack or day bag. The following items are optional and are a matter of personal preference: walking poles, gaiters or waterproof over trousers, sit mat. In your rucksack (depending on the time of year) you may wish to have a hat/sunhat and gloves, sunglasses and sun cream, mobile phone, camera, torch, blister relief, bottled water (and flask of hot drink in winter) and snacks (including packed lunch if required), emergency contact details.