

Clothing appropriate for walking includes:

- a waterproof outer layer/jacket
- a pair of quick-drying walking trousers
- walking boots with appropriate socks
- a small rucksack or day bag

Walkers may also consider bringing (depending on the time of the year):

- walking poles
- gaiters or waterproof over trousers
- a sit mat
- a hat/sunhat
- sunglasses and sun cream
- a torch

Walkers are strongly advised to bring:

a mobile phone

emergency contact details

sufficient food and water to last the day