

Kit list for Freedom trail routes.

* = Kit hire option.

Have	Kit Hire	Item required	Description / Comment / Handy hints	Packed / Repacked
	*	Waterproof Jacket	Waterproof, windproof and breathable.	
	*	Waterproof trousers	Waterproof, windproof and breathable. A knee length zip is useful for getting on and off.	
	*	Backpack 45lt (minimum)	Necessary for waterproofs, food, drink, first aid kit, extra clothing etc. Often useful to use a back pack liner for kit as back packs are not waterproof, especially old ones.	
		Walking boots	Good ankle support and sturdy non-slip sole to protect ankles when on uneven terrain.	
	*	Sleeping bags / liners	For nights in refuges. Note refuges also hire these if you do not want to carry them.	
		Casual shirts	For activity and casual use. A long sleeved shirt with collar for protection against the sun.	
		Fleece layer(s)	For activities and casual use.	
		T shirts	For activity and casual use. Suggest 1 thermal T shirt as a base.	
		Activity socks	Specialist walking socks can offer greater comfort and help to prevent blisters.	
		Walking trousers/ leggings	Lightweight walking trousers or Ron Hill style leggings. Shorts an option too. No jeans.	
		Underwear/Sports bra	Comfortable, close fitting underwear for comfort. Not boxers	
		Indoor shoes	For after walking, e.g. flip flops. Refuges supply them but you may like your own!	

		Sun hat	Personal choice	
		PJ's / Nightwear	To suit needs	
		Hand or Head torch	Head torches allow for hands free usage. Small and lightweight. A must for nights in refuges.	
		Water bottle/bladder.	You need to carry between 1-2lt of water. Bladders are useful and fit into backpacks for easy access.	
		Wash kit & quick dry towel	Wash kit to suit your needs. Quick dry, light weight towel is ideal. Pack ear plugs (more than one pair as they are easy to lose) for refuges or if you are sharing a room. Refuges do hire towels if you do not want to carry them.	
		Personal first aid kit	For minor cuts, blister prevention and short term pain relief.	
		Personal medication	Asthma inhalers, epi-pens, antihistamine, spare glasses, contact lenses etc.	
		Sun cream	Use high factor.	
		Sunglasses (optional)	A leash often helps prevent loss of sunglasses.	
		Insect repellent	If you know you react badly to insect bites, bring suitable medication e.g. antihistamine.	
		Passport, EHIC, Insurance & travel documents & local currency.	Check expiry date of Passport. Get your European Health Insurance Card (EHIC) from www.ehic.org.uk .	