



Ok! Time to plan what gear you'll need!

Pretty simple today! This PDF will help you work out what to take on your trail walk.

You don't have to do things the way I do: But perhaps use my list as a starting point to figure out what you'll need to pack, or if you need to buy anything new before your trail starts.

There are a few things that you should consider using /taking on a trail walk that you may not have used before if you've only ever done day walks. These are explained in the list below.

I've also explained which items I think you SHOULD spend as much as you can afford on, and which ones you DON'T need to splash out on.

All the items are summarised in a one-page checklist at the end, as well.

TODAY'S MISSION!

- 1. WATCH THE VIDEOS.**
- 2. REVIEW THE CHECKLIST IN THIS DOCUMENT AND SET A DATE TO GET ANY EXTRA THINGS YOU NEED.**



Catherine



GEAR EXPLANATION / COMMENTS

The gear checklist assumes you are NOT camping or staying in bunkbarns. If you ARE camping, here's a checklist to help you plan what you'll need to carry: [Camping checklist](#)



ITEM	NOTES
Boots	<p>You need proper hiking boots that are:</p> <ul style="list-style-type: none">• As comfortable as possible• 'Worn in' which means you have worn them a few times and you've got used to them. <p>They do not have to be expensive. COMFORT is the main factor.</p>

<p>Socks</p>	<p>Use hiking socks of course. I usually take about 3 or 4 pairs and wash them. You will most probably want to wear a fresh pair every day (sorry if that's obvious but you never know...)</p>
<p>Indoor shoes/slippers</p>	<p>I take one pair of canvas style shoes or slip-ons that fold down as small as possible and some knee-high or 'footsie' tights (as I hate wearing shoes barefoot). I keep the tights stuffed inside the shoes. I don't worry about these 'evening' shoes being a bit flimsy or walking about in the rain in a village – they seem to do me fine and packing light is my priority. In practice, I don't tend to do much walking in the evenings anyway!</p> <p>I usually wear my hiking boots on the way to the trail (e.g. on the train) so I don't have to carry them.</p>
<p>Hiking trousers/shorts</p>	<p>Use thin hiking trousers that dry quickly in the rain - or you could get away with 'ordinary' trousers as long as they are comfortable for walking, thin and dry quickly if they get wet.</p> <p>(I'm sure you know by now not to wear jeans for hiking!)</p>

	<p>If you're buying hiking trousers consider:</p> <ul style="list-style-type: none">• Do you want a pair that converts to shorts? If so check how 'short' the shorts are!• How big are the pockets?• Do they have velcro bits (e.g. on back pockets) that will cause your rucksack to bobble and pill?• Do they have a loop and button to roll them up at the calf? Can be handy in hot weather. <p>Another tip: don't buy them in a light colour (like cream). I did once. I regret my choice!</p> <p>For a week long or 2-week walk I usually take 2 pairs; I wear one during the day and keep one clean, and then alternate them.</p> <p>They do tend to stay quite clean if you use gaiters as well – see later on for comments on these.</p>
T-shirts / base layer(s) for walking	You can get special hiking t-shirts (these are often called a 'base layer' in hiking shops) but I don't think they are absolutely

	<p>necessary – just a nice to have.</p> <p>The special hiking ones I have claim to reduce 'smellyness'. They seem to do a good job of it, but you'll be fine with ordinary t-shirts too if you don't want to spend the extra money.</p> <p>I tend to take about 3 t-shirts with me and then wash them if I need to.</p>
Fleece / jumper / sweater for walking	<p>I take one thin fleece which zips up like a cardigan to wear during the day and one thin 'jumper'/'sweater' style fleece to wear in the evening. If I like, I can switch them around. I prefer to use the one with the zip so I can adjust it depending on whether I'm too hot or too cold.</p>
Clothes to wear in the evening	<p>I wear my dry/clean hiking trousers in the evening + my dry/clean hiking t-shirt. I don't take any non-hiking clothes (like jeans, skirts etc) to save space and weight.</p>
Coat	<p>I have a thick fleece jacket.</p>
Underwear	<p>Too much information? Oh well... I usually take about 4 pairs and wash them + two bras! I have used sports bras in the past but also 'regular' ones as long as they are comfortable for walking all day.</p>

Waterproof jacket	<p>Essential. Worth spending as much as you can on this – if you have to choose one waterproof to spend more money on (jacket or trousers) then prioritise the jacket. Check the inside pockets to ensure they don't have holes in them like mine do! Does it have a peaked hood? This can be handy. Big pockets are a bonus.</p> <p>These are great for keeping the wind off, too, so you don't always need to use them only when it's raining.</p>
Waterproof trousers	<p>Essential. Again, worth spending as much as you can. Choose lined trousers that open up as far up the leg as possible to make them easy to put on!</p> <p>Wearing waterproof trousers are great because you can sit anywhere on the ground and you can slide down snowy hills in them!</p>
Pyjamas	<p>I try to choose some that fold up as thin as possible.</p>
Hat(s)	<p>I take two! A warm 'beanie' hat (don't choose a 'woolly' hat as it'll get soggy and take ages to dry if it gets wet) plus a baseball cap for sunny weather, to keep the sun out of my eyes.</p>

	<p>You might want to consider getting a 'Buff' – these are stretchy loops of fabric that you can use in many different ways to cover your head or keep your neck warm. Particularly handy in hot weather.</p> <p>http://www.buffwear.co.uk/</p>
Scarf	<p>I do have a woollen one, but you can get fleecy ones if you prefer.</p>
Gloves	<p>A must-have: especially if you plan to use walking poles. Choose fleece gloves, not woolly (knitted) ones.</p>
Rucksack	<p>I use a 45-50 litre rucksack. Because I pack light, I'm able to get everything in with room to spare for my packed lunch and snacks etc. Consider getting one that is curved against your back for the air to pass through as this keeps your back cool – rather than one which lies flat on your back, if you can afford it. The curved ones are also more comfortable as it places the weight more on your hips, which is more helpful.</p> <p>If you are having your luggage carried for you, then you should be able to manage with a 35 litre rucksack instead.</p> <p>Things to check when buying a rucksack</p>

	<p>include:</p> <ul style="list-style-type: none"> • Obviously: does it feel comfortable for you? • Does it have a pocket for a water pouch? • Does it have side pockets or not? • Does it come with a waterproof cover?
<p>Rucksack waterproof cover</p>	<p>This should come with your rucksack (it's usually folded up inside a small zip pocket at the top or bottom) but you can buy them separately. Don't forget to proof it when you proof your waterproofs! It may seem excessive to have both this AND an inner liner (see below) but believe me if it rains a lot you'll need both of these to keep your gear dry.</p>
<p>Rucksack liner (or 2x bin bags!)</p>	<p>This goes inside your rucksack and keeps all your stuff dry! This is really important for a trail walk – don't set out without this.</p> <p>A lot of people just use two standard bin bags, one inside the other, which should be fine, but you can buy special dry sacks specifically for this purpose which are more long lasting and sturdy – and let's face it, a bit nicer than having all your stuff in a trash bag.</p>

<p>First aid kit</p>	<p>I get a standard travel kit from a chemist like Boots – and include:</p> <ul style="list-style-type: none"> • Ibuprofen gel • Blister treatment • Small swiss army knife with tweezers, scissors etc
<p>Camera & Camera case</p>	<p>You'll need a case to keep your camera dry and protected. We have one that straps onto your rucksack waistband so it's handy in case a golden eagle should soar past (oh no wait... it's only a crow).</p>
<p>Money & credit/debit cards</p>	<p>Take lots of cash and if you have it, a chequebook. You might not pass a cash machine for several days and some B&Bs require cheques. We even stayed in one recently that asked for a cheque guarantee card! Things are a bit more old fashioned in some rural villages so be prepared not to be able to use a credit card all the time.</p>
<p>Map case</p>	<p>I recommend the Ortleib brand (see the short video). Cheap map cases tend to crack after a while and let water in.</p> <p>However, if you think you're only going to be using it for this trip, a cheap one should last you a week or two.</p>

Map(s) / GPS	Obvious - but don't forget them!
Accommodation details	Don't forget to print out the list/spreadsheet you completed when you did all the bookings! Now aren't you glad you kept all the info in one place!
Copy of the relevant walking guide	Don't forget it!
Any other printed resources needed (bus timetables, street maps etc)	I always put this on my packing list so I don't forget it.
Compass	A cheap one should be fine for general map reading/navigating. Most likely you'll never need to use it, but you never know. Sometimes it can be handy to know where north is! You can pick these up cheaply in most outdoor shops.
Penknife	I have this on my list because we always carry our tiny Swiss Army Knife which has tweezers, scissors, a toothpick, a bottle opener and a knife. It's so handy and I hate to be without it.

<p>Towel</p>	<p>You won't need to take one unless you are staying in lots of hostels or bunkbarns. Even then, you can hire towels from the hostel but if you want to take your own I recommend the Lifeventure travel towel as these are really thick but still large enough to dry you after a shower (see the video).</p>
<p>Notepad, pen / pencil</p>	<p>I hate to be without pen and paper.</p>
<p>Watch</p>	<p>Don't normally carry one? Mountain Rescue recommend hikers carry a working watch because if your phone runs out of battery you'll need to know the time and whether you need to run to catch the last bus out of the valley or not.</p>
<p>Glasses & glasses case / contact lenses, case & solution</p>	<p>This is on my list – self explanatory!</p>
<p>Wash bag, including:</p>	<p>I use a small zipped wash bag and try to keep it to the absolute minimum.</p>
<ul style="list-style-type: none"> • Moisturiser 	<p>After days walking in the fresh air your face can get a bit weather beaten. I keep a small tub and decant into it from my large tub. I always take this – it doubles up as hand cream, foot cream too. I use very thick cream like Astral (even though it's aimed at elderly</p>

	people!) or Nivea – it's really cheap and a little goes a long way and they last for ages.
• Toothbrush	Don't forget this!
• Toothpaste	I tend to get a small travel tube from the chemist.
• Soap	I take a small pack of soap and use it to wash my face too – I don't bother taking extra bottles of special face cleanser or anything like that.
• Deodorant	Essential!
• Shampoo	I take a small bottle. I have been known to wash my hair with soap on occasion.
Train tickets	Always on my list so I don't forget them!
Oystercard / (London travel card)	Ditto
Sun cream	It always surprises me how much you can 'catch the sun' even on days when it isn't particularly sunny or warm! Being outdoors all day definitely impacts on your skin, so be sure to pack a small bottle.
Phone	Obviously...
Phone charger	Essential!

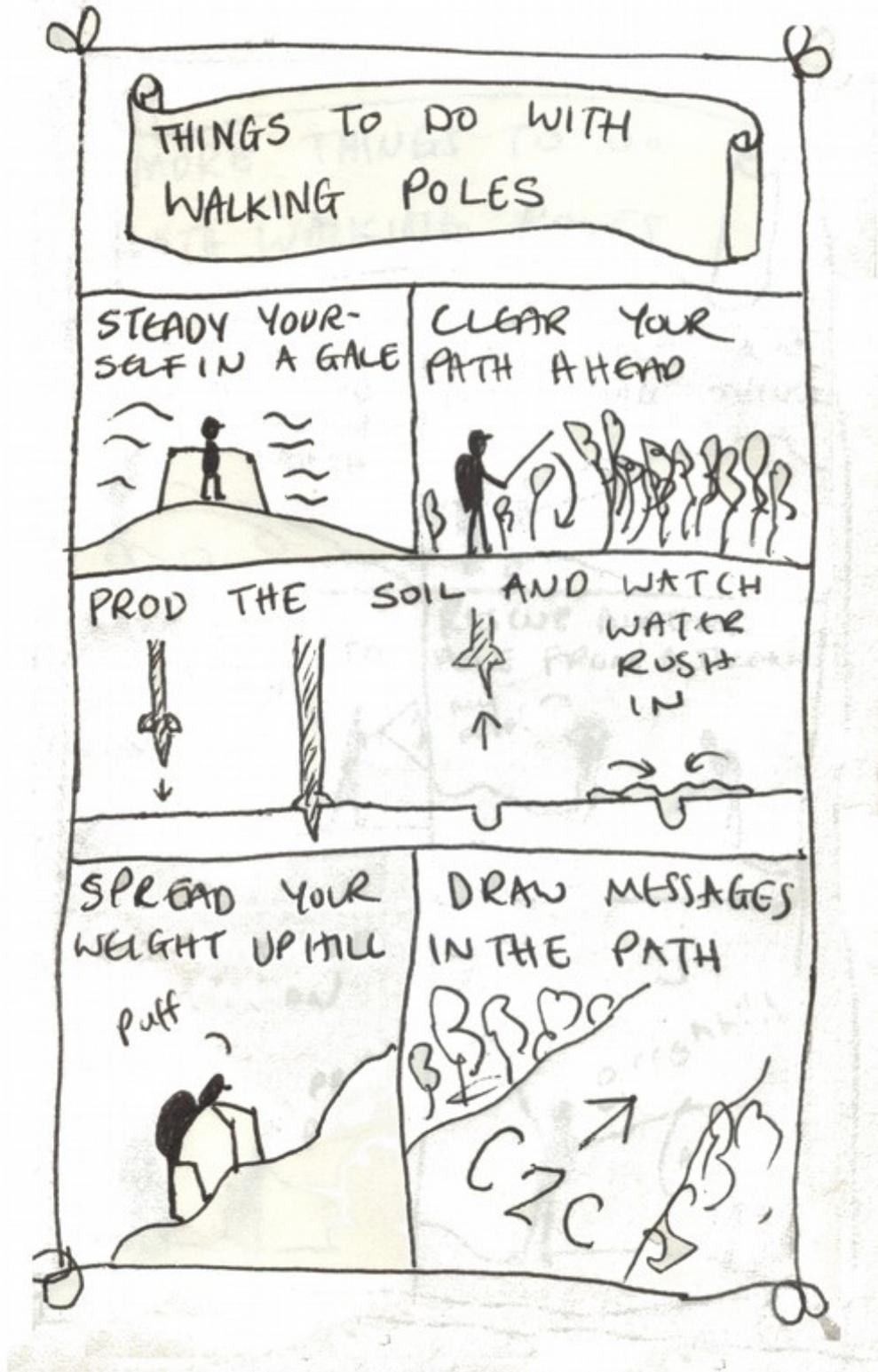
<p>Flask (for hot drinks)</p>	<p>Optional, obviously. You can get really small ones which are great. It's a wonderful luxury to have a hot drink in the middle of a walk, but I often don't bother and just manage with water. At the end of the day It's another heavy thing to carry, and even if you aren't using it, it will take up quite a bit of space in your rucksack.</p>
<p>Water bottle(s) / water pouch/system</p>	<p>I use a Camelbak pouch - they call them reservoirs. You can just buy the reservoir. The reservoir will slip into the special pocket inside your rucksack, which lies against your back. http://www.camelbak.com</p> <p>If you are taking bottles consider Sigg – these are the classic hiking brand and are very lightweight. https://www.sigg.com/en_uk/</p> <p>The only problem I have with them is that the bottle top can be a bit irritating to twist off and as it comes loose it could get lost easily. A flip top bottle would be much easier.</p> <p>If you are carrying bottles, you need to take at least two bottles of water. You most likely will not be able to refill them during the day.</p>
<p>Hostel membership card</p>	<p>Need this if you're staying in hostels. By the way you don't need to be a member to stay there. It just means you get a discount if you join.</p>

I-pod	I used to take this so I could listen to music while I'm travelling (not while I'm walking!). But nowadays I don't bother. For my train journey, I just buy a newspaper instead.
Book / magazine / newspaper	For reading in the evening (especially if I'm walking alone). Pick a thin book though... not War and Peace, or Lord of the Rings, right?
Walking poles	If you've never walked with these before, consider taking at least one for your trail walk especially if you are planning to carry your rucksack. I find it distributes the weight of my pack across my arms as well as my legs and hips, which makes me able to walk more comfortably. They come in handy for other things, too (see my cartoons!).
Lip balm / salve	Exposure to the weather can cause dry lips. If this annoys you like it does me, don't forget your lip balm.
Tissues	Essential.
Hand sanitiser	I take a travel hand sanitiser, either a small bottle of gel or a small pack of wipes. You never know when you might stumble and put your hand in some sheep poo...

<p>Plastic bag for wet clothes</p>	<p>An empty plastic bag (a standard one you'd get in any supermarket) comes in handy for a few reasons:</p> <ul style="list-style-type: none"> • Putting down on wet/damp grass so you can sit down and keep dry! • Stuffing any wet gear/clothing into it, e.g. muddy gaiters you've taken off before entering a B&B
<p>Survival blanket</p>	<p>Just a precaution. They are really cheap, light, and take up no space at all.</p>
<p>Torch</p>	<p>Mountain Rescue recommend walkers take a charged, working torch. I've got to admit I've not followed this rule in the past, but if you want to follow the safety advice to the letter, then do pack one. A small one should be fine.</p>
<p>House keys</p>	<p>!!! I do put everything on my list!</p>
<p>Whistle</p>	<p>You should have one of these in case of emergency and keep it handy – not stuffed at the bottom of your pack. I usually keep mine with my compass inside the mapcase.</p> <p>The signal is: “Six good long blasts. Stop for one minute. Repeat. Carry on the whistle blasts until someone reaches you and don't</p>

	<p>stop because you've heard a reply – rescuers may be using your blasts as a direction finder.”</p>
Gaiters	<p>Strongly recommended for walking anywhere apart from the South-East. Just get cheap ones – I don't think you need to spend a lot of money on this. I talk more about these in the video. They'll keep your trousers relatively clean (meaning you can wear them over and over) and keep the mud and water off.</p>
Hairbrush	<p>If you need one, you can get small travel ones that fold up small – mine includes a mirror which is handy, too. My hair is short so I've sometimes gone out without one and just 'combed' my hair with my fingers!</p>
She-wee	<p>I'm mentioning this in case you want to add it to your packing list. I do have one, but I never managed to be able to use it... I'm sure with practice I'd be able to, but I never got around to it.</p> <p>Anyway – these are like a small plastic funnel which means women can wee standing up. You might want to consider it...</p> <p>http://www.shewee.com/</p>

Travel wash	I take a small bottle of travel wash for handwashing things like underwear/socks etc.
Food clips	Little clips for clipping shut bags of food, like you might have in your kitchen. Handy on a trail e.g. if you have some food in a plastic bag, a pack of nuts or biscuits you want to keep fresh.
Boot wax	<p>I prefer the Nikwax waterproofing wax for leather boots. For fabric boots, you can get other products.</p> <p>You can also take a small pot of boot polish and a cloth if you are fastidious about cleaning your boots. It will certainly keep them in good condition .</p>





ONE PAGE CHECKLIST

Boots	<input type="checkbox"/>	Notepad, pen / pencil	<input type="checkbox"/>
Socks (+ extra for journey)	<input type="checkbox"/>	Watch	<input type="checkbox"/>
Indoor shoes/slippers	<input type="checkbox"/>	Glasses & glasses case / contact lenses, case & solution	<input type="checkbox"/>
Hiking trousers/shorts	<input type="checkbox"/>	Wash bag, including:	<input type="checkbox"/>
T-shirts / base layer(s) for walking	<input type="checkbox"/>	• Moisturiser	<input type="checkbox"/>
Fleece / jumper / sweater for walking	<input type="checkbox"/>	• Toothbrush	<input type="checkbox"/>
Clothes to wear in the evening	<input type="checkbox"/>	• Toothpaste	<input type="checkbox"/>
Coat	<input type="checkbox"/>	• Soap	<input type="checkbox"/>
Underwear	<input type="checkbox"/>	• Deodorant	<input type="checkbox"/>
Waterproof jacket	<input type="checkbox"/>	• Shampoo	<input type="checkbox"/>
Waterproof trousers	<input type="checkbox"/>	Train tickets	<input type="checkbox"/>
Pyjamas	<input type="checkbox"/>	Oystercard / (London travel card)	<input type="checkbox"/>
Hat(s)	<input type="checkbox"/>	Sun cream	<input type="checkbox"/>
Scarf	<input type="checkbox"/>	Phone	<input type="checkbox"/>
Gloves	<input type="checkbox"/>	Phone charger	<input type="checkbox"/>
Rucksack	<input type="checkbox"/>	Flask (for hot drinks)	<input type="checkbox"/>
Rucksack waterproof cover	<input type="checkbox"/>	Water bottle(s) / water pouch/system	<input type="checkbox"/>
Rucksack liner (or 2x bin bags!)	<input type="checkbox"/>	Hostel membership card	<input type="checkbox"/>
First aid kit	<input type="checkbox"/>	I-pod	<input type="checkbox"/>
Camera & Camera case	<input type="checkbox"/>	Book / magazine / newspaper	<input type="checkbox"/>
Money & credit/debit cards	<input type="checkbox"/>	Walking poles	<input type="checkbox"/>
Map case	<input type="checkbox"/>	Lip balm / salve	<input type="checkbox"/>
Map(s) / GPS	<input type="checkbox"/>	Tissues	<input type="checkbox"/>
Accommodation details	<input type="checkbox"/>	Plastic bag for wet clothes/sitting on	<input type="checkbox"/>
Copy of the relevant walking guide	<input type="checkbox"/>	Survival blanket	<input type="checkbox"/>
Any other printed materials needed (timetables etc)	<input type="checkbox"/>	Torch	<input type="checkbox"/>
Any guidebooks for the area	<input type="checkbox"/>	House keys	<input type="checkbox"/>
Compass	<input type="checkbox"/>	Whistle	<input type="checkbox"/>
Penknife	<input type="checkbox"/>	Gaiters	<input type="checkbox"/>
Towel	<input type="checkbox"/>	Hairbrush	<input type="checkbox"/>
Hand sanitier	<input type="checkbox"/>	She-wee	<input type="checkbox"/>
Travel wash	<input type="checkbox"/>	Boot wax / polish	<input type="checkbox"/>
Food clips	<input type="checkbox"/>	Watch	<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>
	<input type="checkbox"/>		<input type="checkbox"/>