

85th Greenock & District) (Inverkip & Wemyss Bay)



Hillwalking Kit List

The following equipment is a guide for what you'll need for a Hillwalk. What you don't have, ask a leader. We'll probably have spares.

For the Hill (in your walking backpack)

Packed Lunch	Torch / Whistle
Waterproof Jacket	Compass if available
Waterproof Trousers (No Jeans!)	Emergency Rations (chocolate bars)
Warm Jacket	Personal First Aid Kit
Water Bottle (filled)	Have a Good Breakfast
Strong Shoes / Hiking boots	Camera
Survival Bag (£2 from Go Outdoors)	Gaters if available
Flask with Hot Drink	Thick socks
Gloves	4 or more Layers of T-shirts / jumpers
Sun Cream (also for winter!)	Toilet Roll
Woolly Hat	Spare Clothes
Plastic bag to line rucksack (£1 from Go Outdoors)	Personal Medicines (inform leader)

Winter Extras

Rucksack should be 30 – 40litres	Ski Goggles
Scarf or Balaclava	Ice Axe / Crampons will be provided
Ski gloves or Ski Mittens (better!) (woollen gloves are not sufficient)	Extra layers of clothes
	Waterproof jacket must be robust

For the car (keep in a separate dry bag to be left in the car/bus)

Full change of dry clothes	Money for chip shop
Dry shoes	Towel

Overnight Stay – Personal Kit

Dishtowel	Camper Mat
Toiletries	Plastic Bag for used clothes
Plates/Mug/Cutlery (labelled)	Change of Clothes
Sleeping Bag	Midgie repellent & headnet if available