

OUTDOORHIRE ACTIVITY WHAT TO WEAR & BRING WITH YOU



What to wear

It is important to wear a 'layering system' of clothing as follows:

- Base layer - long-sleeved T-shirt
- Mid layer - fleece, soft shell or midlayer insulated jacket
- Walking trousers
- Outer shell - waterproof/breathable jacket and over-trousers
- Walking boots - must be waterproof with good ankle support and sturdy soles.

Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton (especially jeans) as cotton soaks up moisture and is very cold when wet.

What to bring

- Daypack
- Sunhat, sunscreen and sunglasses (spring, summer & autumn)
- Warm hat (autumn, winter & spring)
- Waterproof gloves
- Water bottle (at least 1 litre)
- Head Torch
- Flask for hot drink
- High energy snack food (dried fruit, nuts, energy bars, chocolate bars etc)
- Medications (if applicable)

If you need to hire or buy any of the above items for your trek training go to our website – www.outdoorhire.co.uk and follow links to our kit lists.

If you have any queries prior to the course, please email them to train@outdoorhire.co.uk