Day walk kit checklist

Tick it as you pack. Items marked * are for hills, winter or long days.

Clothing

- [ ] Walking boots or shoes, worn in
- [ ] Walking socks (and a spare pair)
- [ ] Waterproof jacket
- [ ] Warm layer: fleece or jumper
- [ ] Waterproof trousers *
- [ ] Hat and gloves *
- [ ] Sun hat and sunglasses

Navigation

- [ ] Map of the area (OS Explorer)
- [ ] Route written down or saved offline
- [ ] Compass *
- [ ] Phone, fully charged
- [ ] Power bank and cable *

Food and drink

- [ ] Water (about 1 litre for a half day)
- [ ] Lunch
- [ ] Snacks for energy
- [ ] Hot drink in a flask *

Safety and first aid

- [ ] First aid kit and blister plasters
- [ ] Any medicine you need
- [ ] Head torch *
- [ ] Whistle *
- [ ] Survival bag or foil blanket *
- [ ] Someone knows your route and return time

Comfort and odds

- [ ] Rucksack with a rain cover
- [ ] Sun cream and insect repellent
- [ ] Walking poles *
- [ ] Sit mat
- [ ] Cash and bank card
- [ ] Car keys or bus times
- [ ] Bag for litter

For the dog

- [ ] Lead (short lead for livestock)
- [ ] Water and a bowl
- [ ] Poo bags
- [ ] Treats
- [ ] Towel for the car

My extras

Check the forecast and sunset time before you go, and tell someone where you're going.