



The list below details the minimum recommended equipment to be carried by each member participating in a club walk. In general, members of the A and A+ groups which venture onto the higher fells would be expected to carry additional equipment appropriate to the type of terrain. The time of year would also need to be taken into account – in summer additional fluids should be carried – in winter additional layers of clothing etc.

Personal Equipment required to be carried:-

- Whistle
- Map and compass (and know how to use them !) *
- Waterproof Clothing – Coat and Over-trousers
- Walking Boots (preferably with Vibram soles) which provide ankle support
- Torch
- Pen and paper
- Adequate food and drinks including items that restore energy quickly.
N.B. tea and coffee are not recommended as they are diuretics.
- Sufficient clothing appropriate to the location of the walk and time of year.
N.B. the wearing of denim is discouraged as once wet it stays wet.
- Spare warm clothing
- Emergency rations (nuts / chocolate / dried fruit)
- Survival or bivvie bag

* The Club aims to provide occasional map reading and navigational skills training opportunities.

The club provides a Compact First Aid Kit plus a survival shelter which are carried on each of the 3 walks by the leader or his/her nominee. At the beginning of the walk it should be made clear who is carrying this equipment in the event of it being urgently required.

Compact First Aid Kit:-

- 2 non-adherent dressings
- Pain relief – for personal use
- Aspirin 300 mgs (soluble) for suspected heart attack
- 10 fabric adhesive dressings
- 6 antiseptic tissues
- Disposable latex glove
- 5 gauze dressings
- Micropore tape
- Triangular bandage for arm sling
- Primary care information sheet.

Members are encouraged to carry their own first aid kits containing items individually required, e.g. personal medications / tablets.