**Summer Personal Equipment list**

* Sunglasses
* Sun screen
* Toothbrush/tooth paste
* Toilet paper (A roll of some, not all)
* Spoon, cup & plate
* 1L Nalgene bottle
* 1.5L plastic PET bottle that can be squashed down when not in use.
* Thermo flask?
* Hiking boots/shoes
* 1 pair of gloves. Thin.
* Warm hat/Sun hat
* 1 Long sleeve top
* 1 Short sleeve top
* 1 long trousers
* 1 pair of shorts
* Thermal top and pants
* 1 Spare underpants
* 2 pairs of socks (Thick inner and thin outer to lower friction in your boots) plus spare set.
* Wind and water proof jacket with a hood *.*
* Wind and water proof trousers
* Down jacket
* Fleece top
* Large Backpack minimum of 65L plus waterproof pack cover.
* Headlamp plus spare batteries
* Sleeping Bag (+ Sleeping bag liner to protect the sleeping bag and a little extra warmth)
* Sleeping mat or inflatable thermal mat
* Tent 1 or 2 person. 2 person is handy if the weather is very wet. Gives you room to move.
* Small first aid kit includes blister plasters, normal plasters, anticipant and any personal medication. Lipbalm.
* Insect repellent and /or head net.
* Water purification e.g. tablets or Katdyn filter

**FOOD**

* Enough energy food for length of trip plus 1 day (Just in case of emergencies)

**Additional equipment**

* Cooking gas and burner. Enough gas for the length of trip. Multi fuel stove is good for situations when gas cannot be found on long distance hikes.
* Matches/lighter
* Cooking container that can also be used for eating from.
* Compass
* Mobile phone with track downloaded that works offline and or map.
* Power bank and/or Solar panel
* Hiking poles
* Tent or Bivy bag
* Tape and/or super glue for minor repairs.
* Cash in case there is no other access.
* 3 meter length of cord good for replacement bootlaces or anything else.

**Tips:**

If clothing gets wet during the day, change into dry clothes for sleeping then back into your wet clothes for the next days hike, including socks. This always leaves you with at least one dry set of clothes. Take the opportunity during the day if there is sun to stop and dry out socks and the inside of your boots.

If the tent is wet in the morning, pack it up and carry it on the outside of your pack and wait for an opportunity during the day to unpack it and dry it. You can also take the opportunity to recharge your power bank with the Solar panel.

Large rubbish bags to water proof the inside of your pack or dry bags.