

## Blackstairs Ramblers Equipment list

When dressing and packing for a hill walk, you should always prepare for the worst! If you are injured you might be out on the mountain for hours waiting for Mountain Rescue. Remember that once you become a member you will be sent an MCI membership card which will entitle you to a 10% discount in many sports shops.

If you are not carrying / wearing an 'essential' item as listed below, walk leaders can refuse to allow you join a walk.

### All walks

Good walking boots	Essential	It can be a good idea to buy half a size larger than your usual shoe size to allow for swelling feet & bulky socks
Walking socks	Recommended	Socks can be almost as important as boots. Different people swear by different brands, so buy one pair to start and try them out.
Gaiters	Recommended	These will help keep your legs & feet dry on wet days / in boggy ground.
Non-denim trousers	Essential	If denim gets wet, it takes hours to dry out. Synthetic fabrics tend to be best.
Layers of clothing & spare clothing	Essential	No matter how fine the day, bring layers of clothes and bring spare clothes. Again, synthetic fabrics are best, look for 'wick-in' fabrics which keep sweat inside - they don't get damp, so you don't get cold! Don't forget scarves, gloves, hats, etc.
Waterproof jacket	Essential	
Waterproof trousers	Recommended	If you don't have these, make sure you carry a spare pair of trousers.
Waterproof backpack	Essential	
Walking sticks	Optional	Walking sticks help to conserve energy – some people hate them, some walk with one stick, some walk with two sticks, it's up to you!
Something to sit on	Recommended	All outdoor shops stock foldable lightweight 'foam' which will help keep you dry & warm when you stop for a cup of tea / change of socks!
Compass	Essential	Every club member should learn basic navigation skills over time. We recommend the Silva type 4 compass.
Map	Essential	OSI Map 68 covers the Blackstairs
Mobile phone	Recommended	Bear in mind there is no coverage in some areas
Basic first aid kit	Essential	Walk leaders carry first aid kits, but if you walk regularly it is worth having your own.
Whistle	Recommended	Could be invaluable if you get lost in the dark or in the fog

### Extras for night walks

High visibility vest	Essential	Available from any hardware shop
Head torch	Essential	
Spare batteries & spare bulb for head torch	Essential	An alternative is to carry a spare head torch (with batteries!!)