

Hiking Equipment List (Source: TouchingNature.co.uk)

Having the right walking gear and kit can make a big difference to your enjoyment and safety. The following list does not claim to be comprehensive, but hopefully a useful guide that ensures a critical item of equipment is not forgotten whilst packing for your walking holiday. You may want to tailor this list to your particular needs.

- A good pair of walking boots (well worn-in, breathable and with ankle support and a hard wearing sole).
- Good walking socks (padded along the sole for comfort and cushioning, and breathable to wick moisture).
- Waterproof jacket with hood (breathable and windproof), e.g. Gore-Tex or a manufacturer's own.
- Waterproof overtrousers (breathable) in case of rain showers.
- Base layers: thermal tops or t-shirts (breathable synthetic material is better than cotton).
- Mid layers: any walking holiday in Europe can be cold at times – even in high summer! Fleece is light and quick drying and comes in a variety of thicknesses. Always carry a spare one.
- Comfortably fitting walking trousers and walking shorts (quick drying synthetic types are best). Zip-offs can be useful to save weight and space when packing.
- A warm hat and wind-stopper gloves (also in summer!).
- Gaiters, not essential, but useful to keep scree out and for wet conditions.
- Sun hat (wide brims help to keep the sun off your face and neck).
- Small daypack / rucksack (around 25-35 litres for day walks).
- Daypack liner (a large plastic bag or bin liner is ideal).
- Water bottle (2 litres) or a Platypus (flexible bag with tube attached) if your rucksack comes with a hydration sleeve.
- A thermos flask if you prefer to take a hot drink.
- Walking poles, extendable and possibly fitting into your suitcase if you travel by plane.
- A whistle (to attract attention in an emergency) and a torch (head torches are ideal) with spare batteries / spare bulb.

Other things to consider taking include: first aid kit incl. any personal medication and blister treatment, pocket notebook and pencil, sunscreen / lip balm (use a high factor and re-apply regularly), sunglasses (essential all year round), insect repellent, sit mat, camera / binoculars, walking map of the area, guide book, waterproof map case (flexible such as Ortlieb cases are the best), mobile phone.