

A guide to the basic items you will need on a spring, summer & autumn camp with Hillgoers.

Please contact us for any kit questions or advice.

A number of these items are available to purchase in our hiking equipment shop, including tents, water bottles and more.

www.hillgoers.com/hiking-equipment

Clothing		
Walking boots / trail shoes	Comfortable, waterproof, support for the ankle and good grip.	
Socks + spare pair	Woollen socks, merino mix.	
Walking trousers	Quick drying walking trousers (not jeans).	
Waterproof over trousers	Something you can pull on and off quite easily.	
Base layer	T-shirt or shirt next to your skin, should be a breathable product like merino, avoid cotton as this holds moisture.	
Mid Layer	Warm and comfortable.	
Extra warm layer	Fleece or insulating jacket.	
Outer jacket	Waterproof with built in hood.	
Gloves	Layers of gloves can be a good option.	
Hats (sun hat too)	A warm hat and a spare is good too. A buff can take the chill off your neck.	
Underwear		
Nightwear		
Spare clothes	You can choose to only take the clothes you are wearing but sometimes it is nice to put on clean, dry clothes. All spare clothes should be kept inside dry bags.	
Gaiters (optional)		

Kit		
Rucksack (45-60 ltrs)	A trekking rucksack with hip belt. Waterproof cover or liners inside to keep your kit dry. Everything should fit inside your bag with the exception of your roll mat (should you choose to use one).	
Dry bags	Waterproof bags to keep your equipment dry. Colour coded are useful for keeping kit organised.	
Tent	A lightweight trekking tent.	
Sleeping bag	3-4 season, in dry bag. A liner (optional) can help to preserve your bag.	
Sleeping mat	Inflatable mat gives the best comfort and warmth (kept inside rucksack), or roll mat (kept outside rucksack, in a dry bag).	
Torch	Head torch (and spare perhaps) with new batteries and spare batteries.	
Personal Hygiene	Toothbrush, toothpaste, biodegradable travel wash etc	
Bin bag	For any rubbish	

Small Towel	Microfibre quick drying towel if you like a wash in the morning.	
Trowel	All poo's to be buried at least 50m from paths and streams, 200m from bothies.	
Toilet paper		
Sealable 'toilet paper' bags & sealable plastic container	Toilet paper to be carried out in sealable bags (e.g. dog poo bag) inside plastic container.	
Hand sanitiser (70% alcohol)		
Midge net / spray	Depending on time of year.	
Sun cream	Depending on forecast!	
Mobile phone & portable charger (optional)		
Walking poles	Great items for keeping your balance and taking the strain off your knees. Useful for crossing streams.	
Personal First Aid Kit	Small kit with plasters, blister plasters, tick remover etc	
Small Repair Kit	Spare laces, tape	
Camera to capture the moments (optional)		
Watch (optional)		
Sunglasses (optional)		

Cooking & Food		
Stove	For cooking	
Fuel for stove	Enough to see you through	
Food (advice will be given)	Enough for your days on the hills. You will burn a lot of calories so additional snack bars are good too. Dehydrated food packs are good and lightweight, just add water and less mess.	
Drinks	A filter water bottle so you can pick up water as you go. Tea, coffee, hot chocolates for the evening	
Camping mug		
Plate		
Fork, knife, spoon (spork)		
Water container		
Sponge or J-cloth & tea towel	For cleaning your cooking equipment	
Washing up liquid	small amount	
Windproof matches or lighter	For starting your stove	

Reducing COVID-19 Transmission		
Face covering	Mask, buff or scarf, does not need to be worn outside unless someone experiences COVID-19 symptoms. Buff is also great for lots of things including making a pillow using your spare clothes	
Disposable tissues	To catch and bag coughs and sneezes	
Hand sanitiser	Covered under 'kit'	

Your Guide Will Bring		
Map, compass and spares		
Blizzard blanket, emergency warm bag		
Group shelter(s), enough for the whole group		
Group First aid kit		
Repair kit for equipment		
Unlocked mobile phone/s		
GPS		
Emergency procedure guide	Quick reference card detailing how to call for help and what information will be required	