

A guide to the basic items you will need on a spring, summer & autumn trail running day 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 water bottles and more.

www.hillgoers.com/hiking-equipment

Essentials		In the bag
Trail running shoes	Comfortable, good grip, suitable for mountain terrain	
Socks		
Running trousers	Shorts, leggings or specialist running pants or tights	
Waterproof over trousers	Lightweight and comfortable for running.	
Base layer	T-shirt or specialist running top, should be a breathable product, avoid cotton as this holds moisture.	
Mid Layer	Warm and comfortable.	
Extra warm layer	Fleece or insulating jacket.	
Waterproof jacket	Lightweight and comfortable for running, with hood.	
Gloves		
Hats	A good warm hat and a spare is good too. A buff can take the chill off your neck.	
Rucksack	Light and comfortable for running, ideally with accessible pockets for snacking on the move	
Food	Enough for a day on the hills, you will burn a lot of calories so lots of snacks to eat little and often.	
Drink	We recommend a filter water bottle so you can pick up water as you go, see our shop.	
Torch	Head torch with new batteries and spares.	
Personal items	Anything you would normally take with you for a long day in the hills, toiletries, small first aid, etc.	
Midge net / spray	Depending on time of year.	
Sun cream	Depending on forecast	
Optional		
Camera or mobile phone	To capture the moments	
Your Guide Will Bring		
Map, Compass and spares		✓
Whistle		✓
Blizzard blanket, emergency warm bag		✓
Group shelter, large enough for whole group		✓
Group First aid kit		✓
Unlocked mobile phone/s		✓
GPS		✓
Emergency procedure guide	Quick reference card detailing how to call for help and what information will be required	✓