

## Walking with McArdle's kit list

Here is a suggested list to prompt your own thoughts about what you want to bring with you. **Please don't hesitate to contact us if you have any questions.**

### Walking things

- Lightweight walking boots or shoes. Good grip soles essential. (Some stiffness and ankle support a bonus, especially if planning to join a mountain walk.)
- Hiking socks - at least 2 pairs, preferably 3 - ones which wick away the moisture. I suggest ones with double thickness at toe and heel.
- Walking poles - a pair of 3-section telescopic poles. (We have pairs to lend - let us know if you need them.)
- Day-sized rucksack.
- Big plastic bag to line your rucksack in case of rain (rain, what is that?).
- Rain cover for rucksack (elasticated cover to go over outside of rucksack), not essential but useful if we get wet weather.
- Water bottle (a shop-bought bottle of water is fine, refill at kitchen cold tap).
- Waterproof jacket. (Personally I do not bother with waterproof over trousers.)
- Whistle.
- Small lightweight torch (maybe on your smart phone?).
- A fleece jacket and/or jumper for the evenings or in case of a cold wind.
- Sun hat - a baseball cap is OK (one with a brim all the way round is good for avoiding sunburn even if it does make you look stupid).

We will provide maps, compass, first aid kit, insect repellent and sunscreen.

### Clothes

- Lightweight cotton clothes.
- Plenty of underclothes (there is a washing machine and we provide washing powder).
- One tidy/smart casual set of clothes for any visits.
- A pair of ordinary shoes (and if you wish a pair of slippers, Crocs or flip-flops for wearing in the base).

### Bed linen and towels

Our base will provide all bed linen and towels.

### Other things you might find useful

- Washing kit.
- Camera.
- Spare spectacles if you wear them.
- Sun glasses (although personally due to my specs I rely on my hat brim).
- Any medications that you take.
- Your McArdle's emergency letter if you have one.
- Money, credit cards, mobile phone.
- If from overseas, passport and tickets.