

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.