

Maze Presbyterian Church

What is needed for a Day walk?

- Small rucksack with two shoulder straps
- Rucksack liner or bin bag to keep contents waterproof
- Waterproof Coat **with hood**
 - please avoid ski jackets, these are very heavy and often too warm
- Waterproof trousers
- Warm hat/ sun hat
- Fleece gloves
- Spare fleece top and spare trousers
- Spare pair of socks
- Lunch
- Snacks
- Water bottle
- Hot drink in a flask
- Bivi Bag (orange survival bag)
- Small first aid kit/ personal medical supplies-
(please let your leader know if you are carrying an inhaler/epipen or any other personal medication and where it is kept in your bag)
- Participants may wish to bring a mobile phone but this should only be used as a means to contact parents to arrange collection at the end of the day
- **NB: Jeans and trainers must not be worn by participants in the hills**