

Essential kit to carry/wear on event

These items are ESSENTIAL and if you have not brought them you will not be able to participate in the event. However we do want everyone to be able to participate - see if you can beg or borrow from local sangha if you don't possess them already.

- Walking boots (not shoes or trainers; worn in not new)
- Waterproof jacket - reasonable quality not Peter Storm/ Pac a Mac style (contact me if you're not sure)
- Waterproof trousers
- Hiking socks (wearing a single pair recommended, rather than using a liner sock)
- Backpack (30-40 litre size)
- Water containers (bring enough to carry 2 litres minimum)
- Food & hill snacks (eg: sandwiches/pasta salad, cereal bars, dried fruit, nuts. Protein and complex carbohydrates best.)
- Gloves
- Sunhat
- Warm hat (covering ears)
- Backpack raincover OR two 'lifetime' carrier bags to double wrap your dry clothing/ other stuff
- Synthetic fibre trousers (eg: running leggings or hiking trousers, NOT jeans, cotton leggings or cotton tracksuit trousers)
- 2 x warm synthetic or wool jumpers
- T shirt or vest
- Longsleeved top
- Toilet paper and small plastic bag to take your used toilet paper home in
- Head torch – in case we are out after dark.
- Emergency whistle
- Blister plasters and/or personal first aid you often need
- DONT FORGET any medication, asthma inhaler etc

Suggested kit:

- Walking poles – good for balance on rocky ridges / steep slopes. Advisable if you have any weak/sore joints
- Hot drinks flask

Optional kit :

- Sunglasses
- Thermal underwear
- Shorts

- Gaiters – if you have them and weather is wet.
- Insect repellent for campsite

The team will bring communal sunscreen & midge repellent, and a group first aid kit.

Essential kit for back at base:

- Entire change of clothes including something warm
- Anything additional you want to eat/drink that Taraloka is not bringing (see below).
- Torch
- If camping: all your own camping kit.
- If in bunkhouse – own bedding
- Plate, bowl, mug, cutlery.

Taraloka will provide:

- 2 evening meals
- muesli
- oat & soya milk
- redbush tea
- normal tea
- fruit
- camping stove and kettle for hot drinks for everyone

Please bring your own packed lunch and hill snacks for event.