

CHECK LIST FOR A MOUNTAIN DAY OUT

You Carry

25-30 litre rucksack
Plastic liner
Packed lunch/drink
Spare high energy food (i.e. chocolate/sweets)

Contact number
Spare jumper/fleece
Spare thick socks
Warm hat

Gloves

Torch

Whistle

Waterproof top

Waterproof bottoms

Brain/common sense

Small torch.
Reverse
batteries!!!!

Sealed in a
bag. Only to
be eaten on
return.

You wear -

Boots
Comfy stretchy clothes that
dry quick & are still warm
when damp.
Layers that can be
adjusted to suit the day

SHARED ITEMS

Survival shelter/bag
Maps/compasses
Flasks
First aid

IN SUMMER

ADD

suncream

insect repellent

shorts

baseball hat with neck cover.



Try to avoid:

Getting mobile wet

Getting blisters



TO LEAVE OUT ANY ITEMS MAY ENDANGER THE WHOLE GROUP

THE TERRIBLE MODERN HORRORS OF GLENCOE, 1946

Mike Pugh