

Gilly Marsh – Civ Div Challenge - Kit List

Hiking Essential Clothing

- Walking boots - Well worn in preferably with ankle support.
(you can wear trail shoes so long as you are used to walking in the mountains)
- Waterproof jacket and trousers

Important Kit

- Walking trousers/leggings/shorts x2
- Synthetic sports top x 2
- Fleece or mid layer x 2
- Base layer (Incase its cold)
- Walking socks x 2 pairs
- Hat & Gloves x 2
- Snood / Neck Warmer

Kit Equipment Needed

- Head-torch with spare batteries
- Walking poles
- 2 litre water backpack
- Sunscreen & sunglasses
- Medication / Personal first aid kit
- Towel
- Newspaper for wet boots

Essential food and snacks

- High energy snacks / gels
- Sweets & chocolate (8 snacks)
- 2 main meals (before both summits)
- Any sugary / energy drinks you may want to take with you.