



## Kit List – What to bring with you on your Goode Walk

### Essentials

- Rucksack – a daysack for carrying everything you need with you
- Walking shoes or boots – whatever you are most comfortable in
- Walking socks & walking trousers
- Base layer – walking top or T-shirt
- Warm layer – ideally a fleece
- Waterproof jacket – just in case!

### Extras to consider

- Face mask
- Hand sanitiser
- Any medications (if applicable)
- Camera

### Sunny weather extras

- Cap or sunhat
- Sun cream / sun block
- Sunglasses

### Wet/cold weather extras

- Waterproof over trousers
- Gloves
- Warm hat

### Refreshments

- Some snacks!
- Packed lunch (if walking through lunchtime)
- Cold drinks and/or flask of hot drink

### What your walk leader will carry on the day

Maps, compasses etc to navigate on the walk  
First Aid kit for the group  
Spare warm layers, suncream etc  
Maybe some spare snacks and drinks!

### Contacts

Your walk leader will be Julian Goode – on 07785 527106

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