**Trekking Suggested Packing List**

**Holdall or rucksack (try not to bring a suitcase if possible)**

* Change of walking clothes (6 days walking so socks, tshirts and underwear)
* Towel and wash kit
* Warm jacket for evening (transferable for day pack)
* Comfy clothes to change into for camp (you can wear this stuff more than once, nobody is judging you)
* Pj’s or sleeping wear
* Comfy shoes for camp ie flipflops/trainers etc
* Talc large
* Small luxuries

**Day Pack for walking with**

* Waterproofs
* Water bottles or bladder
* Med kit incl blister plaster/elasticated bandage/plasters/painkillers & ibuprofen/emergency blanket (ie foil type)/triangular bandage
* Spare laces
* Talc small
* Lunch box (or your lunch may get crushed)
* Spare socks and small towel
* Hat and gloves
* Warm jacket (transferable for holdall)
* Sunglasses

**Stuff to avoid**

* Hairdryers, straighteners, massive make up bags, bulky items such as pillows for your bed, 14 pairs of shoes, irons (seriously it has happened), if you are struggling with the weight you have overpacked.