

WALKS FROM WWW.MIKES-WALKS.CO.UK --- Equipment list

	Low level, Summer	High level, Summer	Low Level, Winter	High Level, Winter
Food & Drink	Yes	Yes	Yes	Yes
Whistle	Yes	Yes	Yes	Yes
Watch	Yes	Yes	Yes	yes
Spare Top	Yes	Yes	Yes	Yes
Waterproof Jacket	Yes	Yes	Yes	Yes
First Aid Kit	Yes	Yes	Yes	Yes
Overtrousers	Yes	Yes	Yes	Yes
Gloves		Yes	Yes	Yes
Survival bag		Yes	Yes	Yes
Warm hat		Yes	Yes	Yes
Warm underclothes			Yes	Yes
Overmitts			Yes	Yes
Scarf			Yes	Yes
Gaiters			Yes	Yes
Torch			Yes	Yes
Ice axe				Yes
Goggles / sunglasses				Yes
Crampons				Yes
Map	1 between 2	yes	yes	Yes
Compass	1 between 2	yes	yes	Yes
Rucksack	1 between 2	Yes	1 between 2	Yes
Thermos or stove for hot drinks			In group	In group