

Helvellyn equipment list

Equipment – Clothes

Baselayer top (e.g tshirt)*

Fleece*

Spare warm layer/fleece

Walking trousers*

Waterproof trousers*

Waterproof jacket*

Walking boots – you can get away with waterproof fell running / walking shoes*

Walking socks*

Hat and sun hat*

Gloves*

Other equipment

Day sack / Back pack*

Dry bags or bin liners to keep things dry*

Hydration pouch / camel back

Water bottle*

Whistle*

Head torch + spare batteries*

Sunglasses

Sun tan lotion*

First aid kit *

Walking poles

Emergency or foil blanket

Food to last the entire duration of the hike

*** = highly recommended. The rest are to make the adventure as comfortable as possible and are the individual's choice.**