

# Camp/Hike Activity Clothing & Equipment

The key is to ensure you are always prepared for anything! You will notice quite a few items that are also common to water activities so can be shared between activities.

Using a layering system will allow you to adjust your clothes according to conditions. Start with a “base layer” (thermals or normal underwear) –best to avoid cotton as it holds the damp and can make you cold once you stop. Next comes the insulation, the “mid-layer(s)”, fleeces and similar are ideal and synthetic fabrics (and wool) will continue to keep you warm even if they get wet. This is the place to add extra insulation for warmth, and it is always worth having an extra layer “just in case” in your bag. Trousers should be of a quick drying type material (Ex-Army lightweights or hiking trousers) The final layer is the “shell” this is your protection from the weather a wind and waterproof outer layer usually a coat and overtrousers which can be carried or worn as required. The knack is putting them on before you get too wet (but by the time you realise you are wet it is usually too late)

If it works you should stay warm and happy (if a little muddy) as demonstrated by this bunch from a recent Pennines trip.



Outer “**shell layers**” protect from wind and rain. Often the wind is a bigger problem than rain

**Gloves** and a **hat** should always be carried (or worn) and a **scarf** or **neck gaiter** is also really useful

**Fleece mid-layer**

**Overtrousers** and/or **gaiters** keep your legs warm and dry. Gaiters are excellent for protecting thinner fabrics from mud and damage.

**Hiking Boots**, usually either leather or fabric with a specialist sole and provide ankle support

**Daybag** (20L capacity is plenty) for spare clothing, lunch, drink and other essentials (see box). Needs good straps (not cords) and ideally a hip belt.

**What to put in your bag**, will depend on the activity and some events will provide a kit-list but otherwise think about what you might need (but remember you have to carry it)! Any essentials such as **inhalers** or **other medication** should be in an accessible place.

We have already mentioned **hat, gloves and spare clothing** which can be carried if not being worn. **Spare bootlaces** are a good idea.

**Useful extras** might include things such as:  
**Small first aid kit, torch and spare batteries, compass, whistle** and a polyethylene **survival bag** in the hills  
 For further advice ask a leader.

**Snacks, lunch and drink** as required, as with water activities a few sweets or similar are great for keeping up energy levels. In the hills you will need to carry some additional emergency rations.