

WHAT TO BRING ON A DAY WALK

Thank you for joining a tour with us! We can't wait to have you along! Here's what you will need with you on a day walk:

What you need to carry

In a 20 to 30L pack you should carry:

- Water for the whole day (generally 1-2L unless it's a really hot day)
- Lunch and snacks on full day trips - we will provide a lunchbox, food & snacks
- Rain jacket & pants
- Warm layers including fleece and thermals
- Personal medications including epipens/inhalers if required

What the guides will be carrying

Your guide will carry, or have the following available for you:

- First Aid; including a blister kit
- Satellite Phone
- Personal Locater Beacon
- Tea and coffee + mugs
- Spare water for emergencies
- Maps of the trail