

WHAT TO WEAR – HIKING

Clothing (essential)

- ✚ Summer shirt/s and shorts - for walking in the heat at the start of the trek
- ✚ Warm long-sleeved shirt - for when it gets cold
- ✚ Warm long walking trousers (not jeans!)
- ✚ Fleece jacket (one or more, and/or a down jacket) - for additional warmth; or a warm anorak/jacket which should not be too heavy
- ✚ Thermal underwear
- ✚ Good quality waterproof and windproof outer shell (Jacket & trousers)
- ✚ Cheap plastic poncho
- ✚ Hat - a warm hat and a sun hat (that has both a peak and shades the back of your neck)
- ✚ Wool Hat/Balaclava
- ✚ Gloves - 2 pairs; one pair of thin liners and another of warmer, waterproof outer gloves are more practical than mittens.

Footwear

- ✚ Mountain boots - essential (good quality well- worn in)Wa
- ✚ Hiking Shoes (another pair of lighter weight walking shoes / trainers for the start of the climb)
- ✚ Several pairs of warm, cushioned socks (so you always have a dry pair to change into)
- ✚ have a limited but useful role in preventing scree, snow and mud (at the start of the climb) from getting into your boots. Rubber boots can work out more.