

Sikh Legal Assistance Board Charity Hiking / Walking Recommended Equipment



Recommended Clothing to wear:

- Warm, Comfortable Trousers (Not jeans)
- Thermal Top
- Warm Mid Layer Top
- Warm Fleece Type Jacket
- Thick Socks
- Walking Boots

In your rucksack it is essential you carry:

- Water and wind proof jacket
- Water and wind proof trousers
- Spare warm clothing
- Hat and Gloves (if not wearing Dastar)
- First Aid Kit
- Survival Bag
- Food
- Drinks
- Map
- Compass
- Whistle
- Watch
- Torch
- Other items you might consider taking:
 - Sun Cream
 - Sun Hat
 - Fully Charged Mobile Phone