

85th Renfrew & Inverclyde (Inverkip & Wemyss Bay)



Hillwalk Personal Kit

The following equipment is a guide for what you'll need for a Hillwalk. What you don't have, ask a leader. We'll probably have spares.

For the Hill (in your walking backpack)

Packed Lunch	Plastic bag to line rucksack
Waterproof Jacket	Torch / Whistle
Waterproof Trousers (No Jeans!)	Emergency Rations (chocolate bars)
Warm Jacket	Personal First Aid Kit
Water Bottle (full)	Have a Good Breakfast
Strong Shoes / Hiking boots	Camera
Survival Bag (£3 from Millets)	Gators if available
Flask with Hot Drink	Thick socks
Scarf or Balaclava	4 or more Layers of T-shirts / jumpers
Ski gloves / Mittens (better)	Toilet Roll
Sun Cream	Spare Clothes
Woolly Hat	Personal Medicines (inform leader)

For the car (keep in a separate dry bag to be left in the car/bus)

Full change of dry clothes	Permission Slip
Dry shoes	Towel
Money for chip shop	

Overnight Stay

Dishtowel	Sleeping Bag
Toiletries	Camper Mat
Plates/Mug/Cutlery (labelled)	Plastic Bag for Grotty Stuff