

# MountainXperience

## Mountain Day Kit List

Our kit list is aimed at those new to mountain walking who might be venturing out on their first mountain day. It's not an exhaustive list and you might find you need some extra things not shown here. A more thorough guide is available online at [mountainxperience.uk](http://mountainxperience.uk) and advice can always be sought from our mountain guides.

<input type="checkbox"/> Rucksack	<input type="checkbox"/> Woolly hat/sun hat
<input type="checkbox"/> Walking shoes/boots	<input type="checkbox"/> Gloves
<input type="checkbox"/> Warm socks (plus a spare pair in your rucksack)	<input type="checkbox"/> Rucksack - big enough to carry everything
<input type="checkbox"/> Walking Trousers	<input type="checkbox"/> Dry bags/bin liners to keep things dry
<input type="checkbox"/> Waterproof Overtrousers	<input type="checkbox"/> Walking Poles
<input type="checkbox"/> Wicking Underwear	<input type="checkbox"/> Food - enough to last you all day plus spare
<input type="checkbox"/> Base Layer (eg a t-shirt)	<input type="checkbox"/> Water - at least one litre preferably double that
<input type="checkbox"/> Mid layer such as a fleece (plus a spare in your rucksack)	<input type="checkbox"/> Personal first aid kit including any regular medications
<input type="checkbox"/> Outer layer (eg a lightweight jacket)	<input type="checkbox"/> Suncream
<input type="checkbox"/> Waterproof Jacket	<input type="checkbox"/> Head torch
<input type="checkbox"/> Some spare clothing items for emergencies	<input type="checkbox"/> Fully charged mobile phone

Find your next mountain experience at  
[mountainxperience.uk](http://mountainxperience.uk)