



## KIT ADVICE

Choosing the right kit will not only ensure that you are happy and comfortable during the walk, but can also help you to avoid getting injuries or soreness. You'll find tips below together with recommended essentials.

### Tips

- Get advice before you buy
- Keep your kit light – don't forget you'll have to carry it!
- If you are buying on a budget, don't try to save money on essential items – it could lead to discomfort and even injuries.
- Bring a few layers – you can peel things off (or put them on) as the temperature changes

### Recommended kit for the walk

- Strong comfy walking boots or shoes
- Waterproof jacket and trousers
- Snacks and personal beverages
- Water bottle or bladder

