

Hadrian's Wall Challenge - Packing List



Starting from the bottom up.....

CLOTHES

- Hiking Shoes / Boots
- Socks x 3 lightweight Smartwool
- Hiking trousers
- Waterproof pants – a necessity walking in United Kingdom!
- Gators – These were terrific over my wet weather pants for all the muddy fields
- Shorts x 1, poly material, light, quick dry, zip pockets for money
- Underwear
- Shirts x 2 short-sleeve quick-dry t-shirts (washed one each evening and wear the alternative one to dinner)
- Buff – to keep your neck warm, but can also be used as a hat, headband etc
- Fleece x 1 – lightweight
- Waterproof Jacket x 1 – with hood, as it helps to keep the rain off face
- Sunglasses

ELECTRONICS

- Camera

TOILETRIES & FIRST AID

- Towel and Shower Gel / Soap.
- Toothbrush and Toothpaste
- Toilet paper / tissues – inevitably you'll have to go somewhere along the trail but please take your rubbish with you
- First Aid Kit– Compeed blister pack, needle and thread, antiseptic cream, ibuprofen, painkillers, sunscreen, lip balm, scissors, tweezers, Imodium, anti-histamine, antibacterial hand gel

Overnight

- Sleeping Bag – 3 seasons
- Pillow – small travel

Bags

- Ruck sack to carry your day equipment with you, we suggest 30 litres
- Small holdall for your overnight equipment which we move for you

What to Carry

- Rucksack with:
- Food and drink for the day
- Waterproofs
- Sun cream
- First Aid Kit
- Hat and Gloves
- Spare Jacket
- Buff

Walking poles are worth considering, used properly, they take weight off your knees and help with steep ascents and descents.