



**Minimum gear required** - You must have all of the essential items listed below to participate in a club walk: Feel free to contact [clareoutdoorclub@gmail.com](mailto:clareoutdoorclub@gmail.com) if you would like to discuss gear or have any other queries about membership.

- Hiking boots with ankle support
- Waterproof jacket and pants
- Walking trousers or tracksuit pants
- Hat / gloves / Fleece / warm jersey
- Basic personal first aid kit
- Headtorch / Double Survival bag
- Food / water
- A rucksack lined with plastic refuse bag
- Change of clothes and towel to be left in car
- Absolutely no runners or jeans on walks.