

Women's Fitness Adventures

Equipment Basic Gear List

No	Equipment	Notes	Need	Have/ do not need
1.	Back Pack	Buy one that fits your frame . Most packs have adjustments on them. Make sure they are weighted when you try them on. Buy a back pack 32 litre minimum . It doesn't matter if you don't fill it but when you need more things there is space.		
2.	Boots	Ankle Boots – waterproof . There are excellent boots that are lightweight . Make sure you have them fitted they need to have space at the toe. If you try your boot on and there are a few niggles – try another pair. They should not have any pressure points.		
3.	Hiking Socks Minimum 2pairs Dry feet are essential	Please note that hiking socks differ from normal socks as they generally have left and right foot to hold sock to foot, so socks don't rub but are also warm and water wicking.		
4.	Gaiters	These are great for sand, water, and snakes. There are many different types of gaiters so think about your requirements before you buy these.		
5.	Nalgene water bottles	These bottles are designed to hold boiling water and they can also be used as hot water bottles at night. A must have.		
6.	Water bladder	This is not essential, but you have water storage – either bottles or bladder. If you buy a bladder you will still need 1Nalgene water bottle for electrolytes etc.		
7.	Sleeping Mat- Thermarest	The smaller the better.		
8.	Sleeping Bag- 0 degrees Celsius but again fit for purpose.	The smaller the better		
9.	Sleeping Bag liner	A silk type liner is warmer and weighs very little.		

10.	Head lamp	These have many price points. If you are just beginning and will not need a headtorch frequently buy a cheap one. Always have extra batteries		
11.	Hiking Poles	Buy adjustable and small folding so that you can put into the side pocket of your day pack they do not come above the top of pack. Check that the clips are easy to operate and buy for your height. There are different sizes and you will need to adjust them for going up hills and down.		
12.	Rain jacket – Gortex or equivalent	Waterproof and windproof, it helps if there are zips under arms for ventilation. Hood with a peak to keep rain off glasses. Make sure you can fit layers under this jacket. Do not buy only waist height as you will need one longer so that your backpack doesn't drip water on your pants. Try it on, zip it up and check that it is wind and waterproof.		
13.	Wet weather pants	Pants vary a lot in quality, price and thickness. Only buy the wet pants with a zip from the bottom of your feet up so you can put them on without taking off your boots. Remember they need to go over thermals and pants and they should have an adjustable tie at the waist. Don't buy too big as they fill flap around madly in the wind.		
14.	Hiking Top/ Pants/Shorts	These are fit for purpose. Individual preference comes in here whether you like collar, short sleeve, long sleeve. Short pants, long pants. Do NOT buy cotton . Buy quick drying and wicking fabric. Do not buy oversized. You need your hiking clothes to fit you snugly. These fabrics have a nice stretch in them and different brands fit different figure types. Be patient and get it right- Comfort is essential.		

Please note: Jeans or cotton materials are not recommended for hiking as they chafe, they are cold when wet and are slow drying.