



Elemental Outdoors

Mountaineering / Hill Walking / Valley Walks / Orienteering Kit

Weather in the mountains can be both extreme and dynamic. Our instructors are knowledgeable and experienced to make the calls on routes and venues, which are subject to change in reaction to conditions. We require you to have the correct equipment for the environment. We recommend lightweight equipment and avoiding packing any unnecessary equipment or belongings. Feel free to give us a message if you have any questions.

The “Essential Kit” is required at minimum. We can provide some of this equipment shown to the right hand side, although we suggest you bringing your own for comfort, which in turn will ensure you get the most out of the day. Please contact us via email at admin@elementaloutdoors.co.uk or on +447890627422 if you do not have access to any items, at your earliest convenience. If we deem it unsafe to take you out in the equipment and clothing you have on the day, the activity will be either rebooked or cancelled.

Your Kit	We provide / Optional Extras
<p><u>Essential Kit (some of this can be added as an additional extra, some items have a small cost):</u></p> <ul style="list-style-type: none"> • Sturdy walking boots with ankle support. • Walking socks • Waterproofs • Breathable and warm clothing (plenty of it on cold days) • Plenty of water • Plenty of nutrient rich foods such as nuts, cereal bars, cheese, fruit bread • Well fitted rucksack • Rucksack Liner and / or outer for wet days. • Warm hat • Gloves • Head torch (essential between October – April) <p>Optional Extras you may wish to bring:</p> <ul style="list-style-type: none"> • Flask / Hot drink • Walking Poles • Map • Compass • Blister Plasters • Personal First aid kit • Water purifier • Sun cream (essential on sunny days) • Cap 	<p><u>We will provide (included in your booking):</u></p> <ul style="list-style-type: none"> • Helmets (If necessary) • Rucksack (if required, please request) • First Aid / Safety Equipment will be carried by our instructor <p>We can lend the following Essential Kit, some items have a small extra cost: (you must contact us to request this with plenty of notice)</p> <ul style="list-style-type: none"> • Sturdy walking boots with ankle support • Walking socks • Waterproofs • Breathable and warm clothing (plenty of it on cold days) • Plenty of water • Plenty of nutrient rich foods such as nuts, cereal bars, cheese, fruit bread • Well fitted rucksack • Rucksack Liner and / or outer for wet days. • Warm hat / Gloves

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