

STONEHENGE TREK KIT LIST

✓ Please use this check-list to help you pack!

Important Documents & Money

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| Money | <i>You should not need much money but ensure you have cash with you; there is little likelihood of finding cashpoint machines en-route</i> |
| Credit Card | <i>Always carry a credit card in case of emergencies; make sure you know your PIN number</i> |

Trekking Gear

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| Walking boots | <i>With good sole pattern and firm ankle support. Must be well worn in and waterproofed</i> |
| Walking socks | |
| Base layer / T-shirt | <i>Wicking top (eg dryflo) recommended and better than cotton</i> |
| Waterproof windproof jacket Waterproof windproof trousers | <i>Good quality (eg gore-tex) essential; material should be breathable and seam-sealed.</i> |
| Hat / cap | <i>For sun protection</i> |
| Sunglasses | |
| Trekking shorts / trousers | <i>Zip-off trekking trousers ideal</i> |
| Fleece / thick jumper | <i>To carry with you in case it gets cold; it may also be cold when you set off early</i> |
| Day-sack | <i>See luggage notes (below)</i> |

General Equipment

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| Trekking poles | <i>Optional; useful if you are unsteady on uneven ground (use them when training)</i> |
| Water bottle(s) / platypus | <i>Min 2 litre capacity</i> |
| Head torch / torch with spare battery | <i>In case it is getting dark as you approach the end of the route</i> |
| Liquid handwash | <i>Waterless for easy hygienic hand-washing</i> |
| Whistle | <i>For safety reasons if you become lost or separated</i> |
| Snacks (eg energy bars / dextrose tablets / dried fruit packs / jelly babies) | <i>Some will be provided but bring top-ups, especially if you have special dietary requirements and may need a source of extra energy</i> |
| Camera | <i>With fully charged battery!</i> |

Small Personal First Aid Kit

Include any medication you take regularly or while exercising, plus:

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| Diarrhoea tablets | <i>eg imodium</i> |
| Sun cream & lip balm | <i>With high SPF protection</i> |
| Painkillers | <i>eg ibuprofen, paracetamol</i> |
| Rehydration sachets | <i>eg dioralyte</i> |
| Plasters and blister dressing | <i>compeed / moleskin / tape and dressings (whatever works best for your feet)</i> |
| Antihistamines | <i>Especially if you have allergic reactions to insect stings or pollen</i> |

CLIMATE

Be prepared for any weather! It could be sunny, raining, windy, or a mixture of all of them! Daily temperatures can fluctuate from roughly 8 - 25°C at this time of year, and it will be colder early morning and towards the evening. This may only be a one-day trek, but you still need appropriate, good quality footwear and clothing to cope with the weather conditions.

LUGGAGE

You should carry a day-sack large enough to contain your camera, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day. A day-sack with adjustable shoulder-straps and hip belt is essential. You may wish to line your day-sack with a strong plastic bag to help keep the contents dry if it rains.