




Registered Charity Number: 517724






Hospice Big Hike Recommended Kit List

Event instructors will carry first aid equipment; however, **all participants must carry their own essential kit** while walking.






We strongly recommend training with your rucksack **fully packed**, so you are comfortable carrying everything on the day .

Essential Kit

Please ensure you carry the following:

-  **Rucksack**
-  **Water** – Platypus water pack *or* at least **1.5 litres**
-  **Personal first aid kit**, including any medication or inhalers
(Blister plasters such as Compeed are recommended)
-  **Waterproof jacket and trousers**
-  **Strong, supportive footwear** (walking boots recommended)
Trainers are not suitable and may increase the risk of injury



-  **Walking socks**
-  **Spare socks**
-  **Warm layers** – thinner layers are better than heavy items
Jeans are not suitable, especially in wet weather
 - **Base layer:** underwear, socks, thermal top and trousers
 - **Mid layer:** insulating layer such as a fleece, hat , thin gloves 
 - **Outer layer:** waterproof and windproof jacket and trousers

When a range of temperatures is likely to be encountered, either through external conditions or varying energy requirements, the normal solution is to use layers of clothing, which can be added or removed as order to cope with weather.



- 🧶 **Fleece or jumper** (ideal for rest stops)
- 🧥 **Spare clothing**, packed in a waterproof bag
- 🔦 **Head torch or torch**, plus spare batteries
- 📯 **Whistle**
- 🍎 **Food and drink**, with extra snacks
- 📱 **Mobile phone**
- ☀️ **Sun protection** – sun cream, sun hat, sunglasses
- 💳 **Money or card** for purchases during rest stops or after the walk
- 📷 **Camera** (optional)

+ Useful but Not Essential

- 🎒 **Survival bag** – a lightweight, waterproof, person-sized bag designed to help prevent hypothermia in an emergency. These are inexpensive and widely available.
- 🗺️ **OS Explorer Map OL13 (1:25,000)**
- 🧭 **Compass**

🎒 Packing Your Rucksack

- Keep items you may need quickly (waterproofs, hat, gloves) **easy to reach**.
- Pack food and spare items nearer the **bottom** of the rucksack.
- Place heavier items **close to your back** to keep the weight balanced and reduce strain.

📱 Helpful App

We recommend downloading the **OS Locate** app.

It provides a **six-figure grid reference**, which can be used with an OS map or shared in an emergency.

OS Locate - know where you are.



Make the most of your adventures in the great outdoors with **OS Locate**. Used alongside your Ordnance Survey map, **OS Locate** is a fast and highly accurate means of pinpointing your exact location on the map, anywhere in Great Britain. If you have lost your bearings or simply would like a little reassurance, OS Locate is the ideal companion for all enthusiasts of the great outdoors.

The app converts GPS location readings from your mobile phone to Ordnance Survey National Grid references, enabling you to determine precisely where you are on an Ordnance Survey map. No mobile signal? No problem; **OS Locate** does not require a mobile signal to function – the inbuilt GPS system can be relied upon, even in the most remote areas.

Simply download the app and switch on your device's location services (Settings > Privacy > Location services for iOS devices. Settings > Location for Android devices).

OS Locate is packed with additional features. The 'Share' button allows you to connect with friends and family via messaging and social media – let them know where you are, how your adventure is progressing and what time you will be home. Use the handy digital compass to take your bearings – always ensuring you are on the right track. For those who are keen to learn more about maps and navigation, the 'About' button hosts a wealth of information including hints and tips and a guide to map reading. In addition, you will find simple yet comprehensive guides on how to use eastings and northings.

OS Locate – know where you are.

OS Locate is a complementary tool for Ordnance Survey paper maps. You should always have an Ordnance Survey paper map and baseplate compass when exploring the great outdoors.



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