

# Walk leader kit list

As well as your normal walking kit, here's a list of items we'd recommend that you consider carrying as a walk leader on a group walk. What you need to take on the day will depend on the walk, the weather and the season. Make sure things like extra clothing and electronics are in a waterproof bag so they are dry when you need to use them. And bringing spare items is always a good idea in case something gets damaged or lost.

## Navigation

- Map, waterproof case and compass
- Fully charged mobile phone with access to GPS, OS locate and Ramblers app
- GPS device if you have one
- Head torch with extra batteries
- Watch

## Spare equipment and supplies

- Extra waterproof gloves
- Extra hat
- Extra warm layer
- Extra pair of socks
- Extra bootlaces
- Extra food and drink (and hot drink if it's cold)

## Emergency and first aid

- Pack of 'In case of emergency' (ICE) cards and a pen
- Emergency bivi bag or blizzard bag
- Foil blanket
- Group shelter large enough for your group
- Whistle
- Basic first aid kit (for example Lifesystems Mountain Leader)
- Blister pads / Compeed / Vaseline

## Other useful items

- Penknife
- Duct tape or tenacious tape
- Walking poles
- Membership leaflets for non-members who join the walk



**It can be helpful to ask people in the groups to carry some of these things for you**