

THE ESSENTIALS PACK



Backpack

The bag you bring needs to be right for what you are carrying. The weight should fall evenly and comfortably on your shoulders.



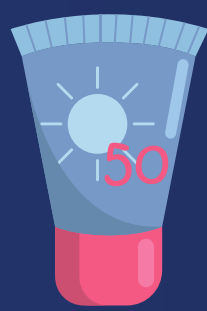
Water

As a rule of thumb, you should drink every mile or approximately 20-minutes. Plain water is the optimal fluid for rehydrating our bodies.



Sensible Clothing

The clothing you wear and pack will obviously depend on the weather. You may need multiple layers for the cold or light clothing for a warm day.



Sun cream

Even on the cloudiest day, sun cream is needed. The weather might also change, so it's always important to have some sun cream packed.



Charged Phone

In case of an emergency, it is always good to have a charged phone. You might also wish to bring a power bank for extra charge.



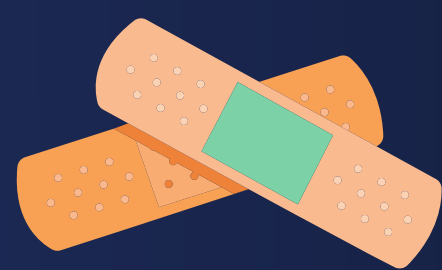
Footwear

Make sure to wear appropriate footwear. Something that is comfortable, supportive and provides a good grip.



Card & Cash

It is unlikely you will need this. However, pack them in case of emergency or if you'd like to stop somewhere along the route.



First Aid Kit

First Aid Kits will be available. However, you might want to bring your own as well, such as plasters, painkillers or personal medication.



Deodorant

It's not really an essential. However, you might be glad you packed it when it comes to the end of the walk and especially if it's a warm day.