

SOUTH DOWNS TREK KIT LIST

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

Important Documents & Money

Money	You should not need much money but ensure you have cash with you; there are cashpoint machines in Lewes but little chance of finding one en-route
Credit Card	Always carry a credit card in case of emergencies; make sure you know your PIN number

Trekking Gear

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

General Equipment

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

Small Personal First Aid Kit

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

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

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.