



## Kit List – Coaching Outdoors Autumn Workshop

Please see below for items that you will need to bring with you for a safe and comfortable time when taking part in the outdoor element of our TeamCoaching-Outdoors workshops. There is a list of items that we deem essential to bring for our time out in the mountain environment, and also some items that we have recommended to enhance your comfort, but these are at your own discretion. If you have any questions about anything on the list, or in the case that you are unable to provide these then please do get in contact. In some circumstance we may be able to provide spares and we will do our best to support you in providing these, however we don't have a stock of items and so you will need to let us know in advance if you need support in sourcing any of the essential items.

### Essential Items

- **Back Pack** minimum of 15Litre, between 20-25L is ideal - to carry your day hiking items (food, water, warm clothes, waterproofs.)
- **Water bottle** or bladder minimum 1L.
- **Waterproof Jacket**
- **Torch** – A head torch if you have one
- **Emergency Whistle** – in case of separation for the group
- **Waterproof Walking Boots/Shoes** – We recommend walking boots because of the terrain and climate. Some areas can occasionally get boggy and boots can offer you that extra dry feet protection, however we understand that some people like to walk in walking shoes. Please however to make sure that they are waterproof. We also recommend they are broken in and comfortable prior to arrival.
- **Warm Jacket/Layer** – we will be stopping and sometimes sitting for prolonged periods of time so please bring a good warm layer that is either windproof or can go under your waterproof.
- **Warm hat**
- **Sun Hat** or cap.
- **Normal walking clothes** – we recommend layers. For this time of year, a long sleeved base layer is a good starting point, a thin warm middle layer (fleece or something similar), and an additional warmer top layer such as a lightweight insulated jacket will give you the best options. We recommend sticking with synthetic materials, merino wool or duck down and trying to avoid cotton (particularly for your underlayers).
- **Rucksac liner / Dry Bag** for your rucksac to keep contents dry in case of heavy rainfall – this can just be an appropriately sized bin bag as a liner so no need for anything fancy.
- **Gloves** – Thin-ish gloves just to keep the chill off in case the weather turns cold

### Recommended Items:

- Waterproof trousers
- Waterproof gloves
- Tissues
- Walking poles - if you are used to using them
- Notepad and pen / or something appropriate to make notes and record thoughts etc.
- Something to sit on (waterproof and padded if you prefer for comfort) – Lightweight camping chair / Square of Yoga mat (suggested by Steve, thanks) / Plastic carrier bag or similar to keep your bum dry.

### Optional Items:

- Mosquito repellent / Tick repellent
- Pain killers / anti-inflammatories – If you use or want these, there is of course wide access to over the counter medicines here, however they are very expensive compared to the UK.