



## Holiday with walks Packing List

Designed for relaxed guided walking holidays with walks of 5 to 8 miles every other day. This is a general recommendation. You should pack accordingly to your needs.

### Essential Travel Documents

- Passport (if travelling abroad)
- Travel insurance documents
- Holiday Itinerary
- Emergency contact details
- Bank cards and some cash

### Walking Clothing

- 3 to 5 moisture wicking walking tops
- Lightweight fleece or mid layer
- Warm jumper or cardigan for cooler evenings
- Lightweight Waterproof jacket
- 2 pairs of walking trousers
- 1 pair of lightweight trousers for warmer days
- Comfortable shorts (if appropriate)
- Waterproof over trousers
- Enough underwear for the trip
- Walking socks (minimum 3 to 5 pairs)

### Footwear

- Comfortable, well worn walking boots or walking shoes
- Comfortable shoes or trainers for evenings
- Sandals or slip on footwear for relaxing

### Weather Protection

- Hat
- Sunglasses
- High factor sun cream

### Day Pack Essentials

- Comfortable day rucksack
- Water bottle
- Mobile phone
- Portable charger
- Tissues
- Camera

### Health and Wellbeing

- All regular prescription medications
- Medication organiser or pill box
- Blister plasters
- Walking poles if normally used
- Knee support or braces if required

### Evening and Relaxation Wear

- Casual trousers
- Comfortable tops
- Light jacket or cardigan
- Smart casual outfit for dinners
- Nightwear

### Personal Care

- Toothbrush and toothpaste
- Hairbrush or comb
- Deodorant
- Razor or shaving kit
- Personal hygiene products

### Technology

- Mobile phone charger
- Plug adapter if travelling abroad
- Camera charger
- Earphones
- E reader or tablet

### For Rest Days and Free Time

- Book or magazine
- Travel guide
- Playing cards
- Swimming costume if hotel facilities are available