**Equipment**

* Waterproof jacket
* Waterproof trousers
* Walking boots
* Warm outdoor wear (all times of the year) (fleece jackets, sports tops and tracksuit bottoms are great), preferably no cotton, eg not heavy jeans
* Hat and gloves (all times of the year)
* Day rucksack, approx. 25litres or more
* Waterproof Rucksack liner (heavy plastic bag like a rubble bag is fine)
* Water bottle
* Thermos flask
* Compass and map - Peak District 1:25k OL1
* Toiletries
* Personal medication
* Informal clothing for leisure wear
* Notebook and pens