

Barnet walks: Printable check list for 1 day walk

Extremely Important: Give someone a copy of your written schedule if you're walking in more remote areas. Check weather forecast & call a friend at your half way point.

Clothing-----	Medical-----	Top 10 essentials list-----
Boots, Shoes, Trainers	Sun cream	Padded back pack
Gloves	1st aid kit	Boots, shoes, trainers
Hat, cap, woolly hat	Blister pack	Waterproofs
Scarf, Neck chief	Daily medication	Medication & 1st Aid kit
Socks	Aspirin or paracetamol	Food
Waterproofs or cape	Bug repellent	Drink 1lt / 2 pints
Underware	Prescription	Watch
Fleece with zipper		Mobile phone (Spare battery)
Thermal clothing	Sundrees-----	Camera, Battery, M/cards
Shorts	Maps & Map holder	Extras-----
Belt	Water bottle	
Spare laces	Flask	
	Sunglasses	
Food & Drink-----	House keys	
Water 1lt / 2pints	Toilet paper	
Energy bar	Small towel	
Hot drink	Pen, pencil, note pad	
Sandwich's, snacks	Guid books	
Sweets	Watch	
Cup	Whistle	
	Money & spare change	
Elec / Electronics-----	Couple of Bin liners	
Camera, Battery, M/cards	ID, Driving licence	
Mobile Phone, Battery	Specticals, Glasses	
GPS	Duct tape	
Torch	Swiss army knife	
MP3 / Radio	Padded back pack	
	String	

Notes & Reminders