

## Lake District Mountain Walking - Clothing/Equipment Guide for Spring and Autumn ascents

Conditions in the mountains and on the summits are significantly colder than people expect and in Spring / Autumn, the mountains can be subjected to quite severe and testing weather conditions. You need to be prepared!

Please note, if in the opinion of your guide(s) on the day, you are not adequately clothed, we will direct you to the nearest outdoor store or not allow you onto the walk!

The equipment/clothing list following is intended as a guide, to help ensure you are prepared and enjoy your day on the mountain, whatever the weather conditions. If you have any questions, please call or email [queries@serenventures.com](mailto:queries@serenventures.com)

### Essential Clothing/Equipment

- Water proof jacket
- Waterproof over trousers (Tip: Ensure you can put the over trousers on whilst wearing your boots)
- At least 2 Hats
- Gloves - At least 3 pairs
- Walking Boots
- Food for the day. You will be burning off twice the amount of energy you normally do, so bring enough food. Sugary snacks aren't a good idea. Foods like bananas, dried fruit, flapjacks & sandwiches are good.
- Water. On hot days you can drink up to 4 pints/2 litres of water. Platypus water sacs are a great way of carrying water.
- Flask. On cold days a warm drink is nice to have.
- Personal Medicines (Inform your guide on the day of any medication you are taking)
- Whistle
- Orange Poly Survival bag (available for a couple of pounds)
- Rucksack (25-35 litres in size depending on how much stuff you want to carry)
- Rucksack liner (Rucksacks are not waterproof! Neither are rucksack covers!!)
- Mid layer (Worn between the base layer and your jacket, lightweight fleeces are ideal)
- Wicking base layer (This is worn next to the skin and should not be a cotton t-shirt)

### Desirable Clothing/Equipment

- Thick/Walking socks
- Hiking trousers (Tip: Do not wear jeans or jogging bottoms)
- Sun Cream
- Sun Glasses
- Sun Hat
- Walking Poles