

Lake District Mountain Walking - Clothing/Equipment Guide for summer ascents

The equipment/clothing list following is intended as a guide, to help ensure you enjoy your mountain trip, whatever the weather conditions. If you have any questions, please call or email queries@serenventures.com.

Conditions in the mountains and on the summits are significantly colder than people expect. 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, otherwise we will be unable to take you into the mountains.

Essential Clothing/Equipment

- Water proof jacket
- Waterproof over trousers (Tip: Ensure you can put the over trousers on whilst wearing your boots)
- Hats
- Gloves (Tip: If rain is forecast, take at least 2 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)
- Rucksack (25-35 litres in size depending on how much stuff you want to carry)

Desirable Clothing/Equipment

- Thick/Walking socks
- Wicking base layer (This is worn next to the skin and should not be a cotton t-shirt)
- Mid layer (Worn between the base layer and your jacket, lightweight fleeces are ideal)
- Hiking trousers (Tip: Do not wear jeans or jogging bottoms)
- Sun Cream
- Sun Glasses
- Sun Hat
- Whistle
- Orange Poly Survival bag (available for a couple of pounds)
- Rucksack liner (Tip: this is essential in wet weather. Rucksacks are not waterproof!)
- Walking Poles