



The Saint's Way Trek 2025 Recommended Kit List

Day bag:

Item	Packed?
2x litre water bottles	
Waterproof coat	
Waterproof trousers	
Packed lunch for Saturday + snacks (lunch provided for Sunday for 2 day trekkers)	
Sunglasses	
Sun cream & hat	
Warm layer	
Charged phone	
Power bank for phone charging	
Spare socks	
Blister plasters/antihistamines etc.	
Reusable mug / flask	
Guidebook	

Overnight bag:

Item	Packed?
Tent	
Sleeping bag	
Sleeping mat	
Plenty of warm layers	
Spare set of hiking clothes & underwear	
Comfy shoes for the campsite	
Pyjamas	
Toiletries & towel	
Torch	
Camping chair (important for evening!)	

This is just our recommended list, if you have other things you'd like to bring, or there are items here that you don't think you'll need, then that's not a problem.

Make sure the clothes you are walking in are comfy, lightweight and quick drying and that your walking boots/shoes are sturdy, broken in and preferably waterproof. I don't recommend attempting this in trainers!