

Walk Leader Kit list

In addition to your normal walking kit, we recommend that walk leaders also carry these:

Essential Items

There are a wide range of resources available online to help you with running walks. The Ramblers walk leader resources are on the Ramblers website (www.ramblers.org.uk) under the volunteer zone in the [walk leader training toolkit](#).

- Map with waterproof case x 2 (Or ensure another member has additional item)
- Compass x 2 (Or ensure another member has additional item)
- Extra food and drink (hot drink essential if it's cold)
- Extra gloves (waterproof)
- Extra hat
- Extra fleece/warm layer
- Emergency bivvy bag
- Foil blanket
- Head torch with extra batteries
- Pack of ICE cards
- Whistle
- Mobile phone
- Watch
- Membership leaflets for non-members who join the walk

Basic First Aid Kit including:

- Two triangular bandages – can be used for slings, dressings, bandages.
- Two wound dressings (medium and large) – for stopping bleeding.
- Crepe bandages – for holding on dressings (bleeding), support and/or immobilisation of fractures, strains and sprains.
- A roll of general purpose medical tape.
- A selection of sticky plasters – a long strip which can be cut to suit is good (Note: Some people are allergic to some brands).
- Aspirin, Paracetamol and Ibuprofen (for own use only)
- Sharp scissors – useful for trimming bandages and cutting away clothing.
- A supply of various sized safety pins.
- A few pairs of rubber or plastic gloves – must be used every time you deal with loss of body fluids. (Note: Some people have a Latex allergy. ASK first!)

Desirable Items

- Group shelter
- GPS
- Penknife
- Duck tape (Tenacious Tape is much better)
- Walking poles
- Extra pair of socks
- Extra boot laces
- Compeed/blister pads/Vaseline (brilliant for blisters)
- Waterproof matches/lighter
- Antiseptic gel/wipes
- Clingfilm (for burns)
- Sewing kit