



Equipment list for Feet of Faith walks

We're looking forward to walking with you and pray that you will encounter the Lord as you put aside this time to seek Him.

Here is some guidance for what you will need to wear and to bring with you.

Essentials

- A good pair of walking shoes with grips, preferably boots.
- Rucksack/bag you can carry your kit and food in on your back, or a waist pack.
- Waterproof jacket – whatever the forecast says!
- Better not to walk in jeans, as they become very heavy and cold if they get wet.
- Make sure you bring plenty to drink, some lunch and some snacks to enjoy along the way. If you're able to bring a hot drink in a flask, that always goes down well!
- Something to sit on. Rocks can be very uncomfortable and cold, and moss deceptively wet! I have a couple of very light, folding insulated mats I can lend you. Let me know if you'd like to borrow one.
- If walking in colder weather, wear layers you can put on to keep warm or strip off to keep cool, and bring hat, gloves, scarf/buff or equivalent.
- If walking in the summer, bring a sunhat and sunscreen – whatever the forecast!
- Your journal, or pen and paper, and a Bible – on your phone is fine.

The following are optional if you have them, but not essential if you don't.

- If there has been a period of wet weather, the ground is likely to be muddy and/or boggy, so gaiters if you have them would be a good idea.
- Over trousers are helpful because the rain can be very heavy in the Dales.
- Binoculars, especially in spring and early summer.
- I have a spare set of walking poles I can lend you if it would be helpful. Let me know.

Phone signal in the Dales is very hit and miss, but if you have signal or wifi and need to contact me urgently, my number is: **07711 185182**. I'm on WhatsApp.

And please don't hesitate to email or message if you have any questions.