

Company: Thistle Trekking LTD	Walking Leader Equipment – Long Distance Trails	Compiled by: Scarlet Trevett
Date completed: November 2011	All policies should be reviewed if changes are made to the trip, e.g. the group, transport, ratios etc.	Updated/Reviewed: 24.1.2019

During all guided long distance trails the leader must carry all the following items in his/her rucksack at all times.

- First Aid Kit (full details of content can be found under the First Aid Kit section)
- Group shelter large enough for the whole group or multiple group shelters large enough for the whole group.
- OS Maps of all areas being walked on that day.
- A Charged Mobile Phone with trek managers' mobile number saved.
- Personal food, water, clothing etc. for leaders own comfort and safety.
- Emergency Contacts Sheet.
- Customer Details Sheet
- Spot Tracker