TELL ME LONDON

FIRST HIKE

PACK LIGHT. WALK WELL.

THE COTSWOLDS

A PACKING LIST | YOUR FIRST WALK | READY TO GO

TELL ME LONDON / ENGLISH EDITION

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The essentials in three lines



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English weather can change on the way to the station. Pack layers, a charged phone and a little food, then use the list below. You do not need expensive new equipment: start with what you already have.



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For a suitable beginner route, prioritise shoes with grip, water and an offline map. These basics do not make every route suitable: check terrain, weather and daylight too.

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Clothing and footwear



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Walking shoes or boots with grip, already worn in

Socks that do not rub

A lightweight waterproof jacket or raincoat

A warm layer: fleece or jumper

A hat or cap to suit the season

Spare socks in your bag

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Navigation, food and little extras



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Charged phone

Power bank and cable

A map or route downloaded for offline use

A screenshot of return train times

Ticket, Oyster or contactless card as appropriate for the journey

Water: the original checklist suggests 0.75-1 litre; take more for heat or a longer walk

Snacks: nuts, a bar or fruit

A sandwich or lunch for halfway

Small first-aid kit, including blister plasters

Sunscreen and SPF lip balm

Hand sanitiser and tissues

A small rubbish bag: take everything home

About £10 in cash for contingencies

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Make the first walk easier



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Aim to reach your train 15 minutes early. Choose a manageable first route: around 6-8 km can be a useful starting point, depending on fitness and terrain. Check the last convenient train home before heading into areas with poor reception.

Ready to go? Explore our walking ideas and choose a route that fits your day. Travel, food and any admission fees are separate.

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