

PACKING LIST

THE COTSWOLD WAY PACKING LIST

As you may already know, the great British weather can be unpredictable which means that when planning this walk it is important to consider what you need to take with you. The right equipment will ensure that you are comfortable and make your Cotswold Walk much more enjoyable. The following list has been put together based on my own experience but I am sure that you will find other solutions will work equally well. It is important that you pack for you and no-one else.

Weight is obviously important. As a rough guideline, look at carrying no more than 10%-15% of your body weight. (not including food or water). Saying that I currently weigh 8st 9 (about 110 lbs) and my current base weight is around the 20 lb (9kg) mark!

*For links to the products, please visit the AdventureGeek website (not affiliate links) - those marked with a * are core items to take.*



CLOTHES

<input checked="" type="checkbox"/>	Item	Price	Wt.	Notes
<input type="checkbox"/>	Hiking shirt x1	£30-80	181g	Craghoppers Nosilife Pro Women's Long Sleeve Shirt. (UPV protection and Insect Repellent)
<input type="checkbox"/>	Adventure Geek Technical T-shirt x1	£12	0	Adventure Geek Technical t-shirt.
<input type="checkbox"/>	*Bra x2		0	Sports bras are not essential but will offer more support.
<input type="checkbox"/>	*Runderwear (underwear) x3	c£15	2oz	I love this brand. Chafe-free, Breathable, moisture wicking, lightweight and durable.
<input type="checkbox"/>	*Walking Trousers x2	c£30	286g	I like the Craghoppers brand as they are excellent quality and reasonably prices (and the subglasses wipe in the pocket is very handy!)
<input type="checkbox"/>	*Long Sleeve Base Layer x1	c£30	90.7g	Very important on TCW. I like the Under Armour gear for base layers.

Item	Price	Wt.	Notes
<input type="checkbox"/> *Windproof Jacket	£45	458g	This Craghoppers jacket is windproof, rain resistant and has the qualities of a down jacket but is super light and has its own stuff sack.
<input type="checkbox"/> *Adventure Geek Women's long sleeve ¼ zip top	£23	0	An extra warm layer is essential on TCW.
<input type="checkbox"/> *Gloves x2		0	Good quality gloves to keep those fingers warm on the escarpment. I have glove liners and a main pair of gloves.
<input type="checkbox"/> *Buff		0	A buff has so many uses. I never leave home without mine!
<input type="checkbox"/> Adventure Geek Cap	£0	0	A cap that has wicking features is essential.
<input type="checkbox"/> *Beanie		0	
<input type="checkbox"/> *Liner Socks x2	£14	68g x2	After many liner sock experiments, I found that the Coolmax brand seems to work the best for me.
<input type="checkbox"/> *Merino Wool Socks x1		141g	Good quality hiking socks are expensive but so worth it!
<input type="checkbox"/> *Waterproof Trousers	£6		Inexpensive lightweight waterproof trousers.



Dovers Hill

Stunning views from Dovers Hill.



AirBnB - The Bakehouse, Hailes

A perfect retreat for our first night on the trail.



TOP TIP!

Be aware that there are many different signs on The Cotswold Way. Take careful note of the direction of the signage and try not to get lost!



GEAR

<input checked="" type="checkbox"/> Item	Price	Wt.	Notes
<input type="checkbox"/> *Rucksack	£50	98g	Osprey are a highly recommended company for backpacks, however, I would always suggest getting your pack fitted properly by an outlet.
<input type="checkbox"/> *Nordic Poles / Trekking Poles	£125	448g (pair)	Only get Nordic Poles if you have learned how to use them, otherwise consider trekking poles. Always get travel poles that can fold up inside your pack.
<input type="checkbox"/> Sleep Sheet	£13	272g	I take my luxury sleep sheet (that was under £15) on all of my trips. They help prevent bed bugs which can appear even in the cleanest of hotels.
<input type="checkbox"/> Starbucks Cup	£2	2oz	Grab one of the recycled Starbucks cups from any Starbucks coffeehouse. They are super lightweight, have a lid and are perfect for that early morning coffee. (As I am awake before most people!).
<input type="checkbox"/> Trekking Umbrella	£45	95g	I love my lightweight trekking umbrella and it is another essential bit of gear for The Cotswold Way (or any trek where it may be very hot or very wet!).
<input type="checkbox"/> Hydration Bladder	c£30	0	Some form of water carrying system is essential. I use the Osprey Hydration bladder, but a simple water bottle is just as efficient. All water from the tap in the UK is clean, so no filter system is needed.

<input type="checkbox"/> Item	Price	Wt.	Notes
<input type="checkbox"/> *Pack Rain Cover	£18	0	Please check to see if your rucksack comes with a rain cover already (mine was stored in the “brain” part of my pack). If you do not already have one, then most outdoor shops will supply.
<input type="checkbox"/> Lightweight Gaiters	£20	2oz	I wear these gaiters on every single hike, even training hikes and parkruns on a Saturday morning. You simply wear them like socks. They are not waterproof, but they will keep debris from getting into your shoes.
<input type="checkbox"/> Dry bags	from £10	0	Dry bags are to keep your clothes and other items dry inside your pack. If you are intending on walking in England then be prepared for some wet weather! I use the Exped as they are good quality, but even large ziplock bags will do the job.
<input type="checkbox"/> JetBoil	£100	399g	This small, compact cook system is extremely handy for my morning porridge, hot coffee and evening meals. It can be expensive if you are eating out every night.
<input type="checkbox"/> JetBoil Cutlery Set	£12.50	36g	A spoon, fork and spatula that have extra long handles so that you can reach the bottom of the pot easily.



Stroudwater Navigational Canal

As you crossover the canal bridge you are instantly transported back in time.

TECH

<input checked="" type="checkbox"/>	Item	Price	Wt.	Notes
<input type="checkbox"/>	*SmartPhone (iPhone 7)		0	I use my iPhone as a Kindle, camera, navigation, and vlog recorder. (and much more!).
<input type="checkbox"/>	Smooth Q Gimbal	£109	512g	Not essential for most people! I like to record good quality videos and the Smooth Q is a fabulous iPhone stabilizer which gives great looking videos. It also has power pack that lasts 12 hours and gives extra life for my iPhone.
<input type="checkbox"/>	*UK USB Plug	£15	191g	I like to use a plug that has at least four USB sockets, but that is due to having so many gadgets on the trail. For most people, a 2 plug USB socket adapter will be sufficient.
<input type="checkbox"/>	*Power Pack	£89	299g	The power pack also has a built-in charger for my Apple Watch and will charge my watch twelve times and my phone multiple times. You can't go wrong with Belkin chargers.
<input type="checkbox"/>	*Charging Cable (long)	£13	50g	I always take a long cable with me as it's nice to sit in bed and charge your phone whilst updating Facebook or your blog. (I have a 3m cable)
<input type="checkbox"/>	Polaroid Zip & Paper	£109	200g	A real luxury item but I use it every day to print my "photo of the day" which gets added to my journal. This little mini printer is light and synchronises with my iPhone.
<input type="checkbox"/>	Micro USB cable			Charges the Smooth Q and my Powerpack.
<input type="checkbox"/>	iPhone Earbuds			For a quick microphone when recording videos, and for listening to music, podcasts and audiobooks whilst on the trail.
<input type="checkbox"/>	Smart Lav Rode Microphone	£48.9	113g	A fab little iPhone microphone which is lightweight and gives excellent quality audio.
<input type="checkbox"/>	USB Stick for iPhone	£26	9g	I always keep this little dinky USB stick with me as it is great to have a backup for my videos and photos. There is nothing worse than running out of space on your phone and not being able to record videos or take any more pictures.

<input checked="" type="checkbox"/>	Item	Price	Wt.	Notes
<input type="checkbox"/>	Booklight	£6	0	For writing in my journal in the morning when everyone else is still asleep. You can pick up cheap ones at the local garage or fuel station.
<input type="checkbox"/>	Apple Watch			My everyday watch which records my mileage and of course tells the time!



FUN FACT!

The Churchyard of St Mary's in Painswick has 99 yew trees that were planted in 1792. It is said that every time a hundredth tree is planted it dies.

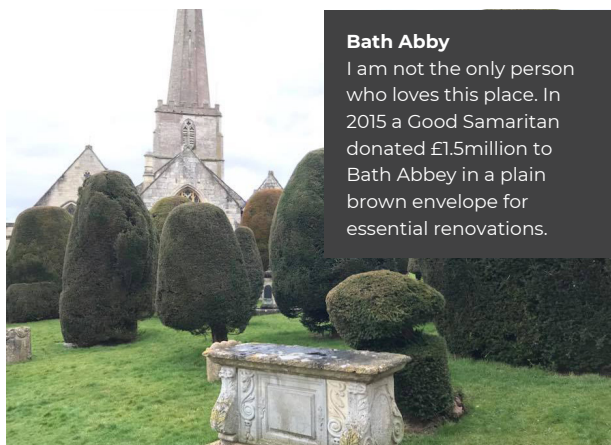
Some say it is the devil that extracted the 100th tree each time it was planted.



TOILETRIES & FIRST AID KIT

<input checked="" type="checkbox"/>	Item	Price	Wt.	Notes
<input type="checkbox"/>	Lush Shampoo Bar	c£6	0	Lush shampoo bars are great for backpackers. Wash your body, hair and clothes with one bar. Tip - get a round bar, but a square tin!
<input type="checkbox"/>	Toothbrush			No need to buy a special travel toothbrush.
<input type="checkbox"/>	Toothpaste	£3		But I would buy a travel sized tube of toothpaste (or get tooth powder)
<input type="checkbox"/>	Mini Hairbrush	£2.95		Any cheap fold away hairbrush from a chemist or supermarket will be fine.
<input type="checkbox"/>	Ladies things			No explanation needed
<input type="checkbox"/>	Floss Sticks			I take a few floss sticks with me. I feel grubby if I have not flossed my teeth!
<input type="checkbox"/>	Blister Kit			My blister kit comprises of x 2 packs of Compeed, sewing kit, and a roll of moleskin tape and a few plasters.
<input type="checkbox"/>	Sudafed & Zovirax			I suffer from sinus pain and cold sores, so these items are a staple in my first aid kit.

<input checked="" type="checkbox"/> Item	Price	Wt.	Notes
<input type="checkbox"/> iBrobrufen			Essential on any backpacking trip
<input type="checkbox"/> Melatonin			I use Melatonin when I am having trouble sleeping, so it is always handy to keep in my rucksack. Unlike the USA you can not purchase this off the shelf in the UK, but you can buy it from Amazon.
<input type="checkbox"/> Sun Cream			If you are travelling TWC from June to September then I would recommend taking sunscreen.
<input type="checkbox"/> Nail Clippers	£3.80	18g	Travel nail clippers are another staple for the toiletry bag - all walkers should keep their nails short when on a trail otherwise you tend to get black toes which is not nice.
<input type="checkbox"/> Razor			A personal choice, but i'm not one for hairy armpits!
<input type="checkbox"/> Lipsil			Another staple in my toiletry bag. If it is very cold, or very hot then lipsel always comes in handy.
<input type="checkbox"/> Hand Sanitizer			I have a travel hand sanitizer which is attached to the outside of my pack.
<input type="checkbox"/> Toilet Roll			Camping loo roll or just packets of handy toilet tissue is great for nose wiping and if you get caught short on the trail. Always have a ziplock bag with you so that you can pack your rubbish and leave no trace.



Bath Abbey

I am not the only person who loves this place. In 2015 a Good Samaritan donated £1.5million to Bath Abbey in a plain brown envelope for essential renovations.



Royal Crescent, Bath
Fabulous Georgian
Architecture

MISC

<input checked="" type="checkbox"/> Item	Price	Wt.	Notes
<input type="checkbox"/> Journal	£45		I love to journal my thoughts and record my adventures in good old fashioned pen and paper (as well as printing a photo of the day). I have used the Medori journaling system for years and I love it.
<input type="checkbox"/> *Headtorch			I have numerous head torches and there are so many to chose from.
<input type="checkbox"/> Sea to Summit Day Pack	£28	81g	I love this little backpack. It holds 20l and is extremely light.
<input type="checkbox"/> *Guidebook / Map			If you do not use technology (GPS/Phone) to help with navigation, then I would suggest using the Kevin Reynolds Guidebook as the maps are great. The route along the Cotswold Way is a National Trail and well maintained, so it is unlikely that you will feel the need to consult a map, but it is worth having for peace of mind.
<input type="checkbox"/> Micro towel	£6	240g	A micro towel is very handy on any trek. If you are staying at B&B's or Pub's then you may not need one, but if you are staying at a hostel then you probably will. It is worth checking with your accommodation.
<input type="checkbox"/> Penknife	£18	59g	I find that I use a penknife to cut cheese more than anything else. If you have one with a corkscrew then you will soon become very popular on any trail!
<input type="checkbox"/> Pen x2			Personal choice of pen
<input type="checkbox"/> Pack of cards			Everyone loves a game of cards
<input type="checkbox"/> Laundry Bag	£2		I purchased this mini laundry bag from Decathlon in Spain, but you can get them in the UK. It's just a luxury to separate your dirty clothes from your clean clothes.

LOOK
OUT
FOR...



ESSENTIALS

<input checked="" type="checkbox"/>	Item	Price	Wt.	Notes
<input type="checkbox"/>	*Wallet			
<input type="checkbox"/>	*Cash			There are limited places to get cash out on The Cotswold Way. Most places will accept cards / contactless payments.
<input type="checkbox"/>	*Itinerary / Accommodation details			
<input type="checkbox"/>	*Walking boots			I use Salomon walking boots or trail runners. Please make sure that you have not purchased boots from the internet. Visit a store and get yourself fitted properly otherwise you will regret the purchase.
<input type="checkbox"/>	*Spare lightweight shoes			Shoes such as Tom shoes or crocs are a nice break from your walking boots in the evening.

The above list includes many personal items that are really not essential on The Cotswold Way, but they certainly make my life on the trail more enjoyable. Items such as my journal, Smooth Q Gimbal and the Polaroid Zip Printer are items that I would not expect other people to take with them. Any hike should be YOUR hike and no-one else's. Some of the ultra-light backpackers will cringe at this list! Simply work through the list and decide what is right for you.

You will see that I did not include any camping gear. If you decide to stealth camp on The Cotswold Way then you will also need a lightweight tent (see below video), a sleeping bag suitable for English weather and a good quality sleeping pad.

REGISTER YOUR TRAIL NAME HAVE YOU PICKED YOURS YET?

It is a part of the "hiking culture" to have a trail name. It is a nickname that is bequeathed to you by your hiking comrades or you can pick your own at

www.adventuregeek.co.uk/adventure-geek-trail-name-register

