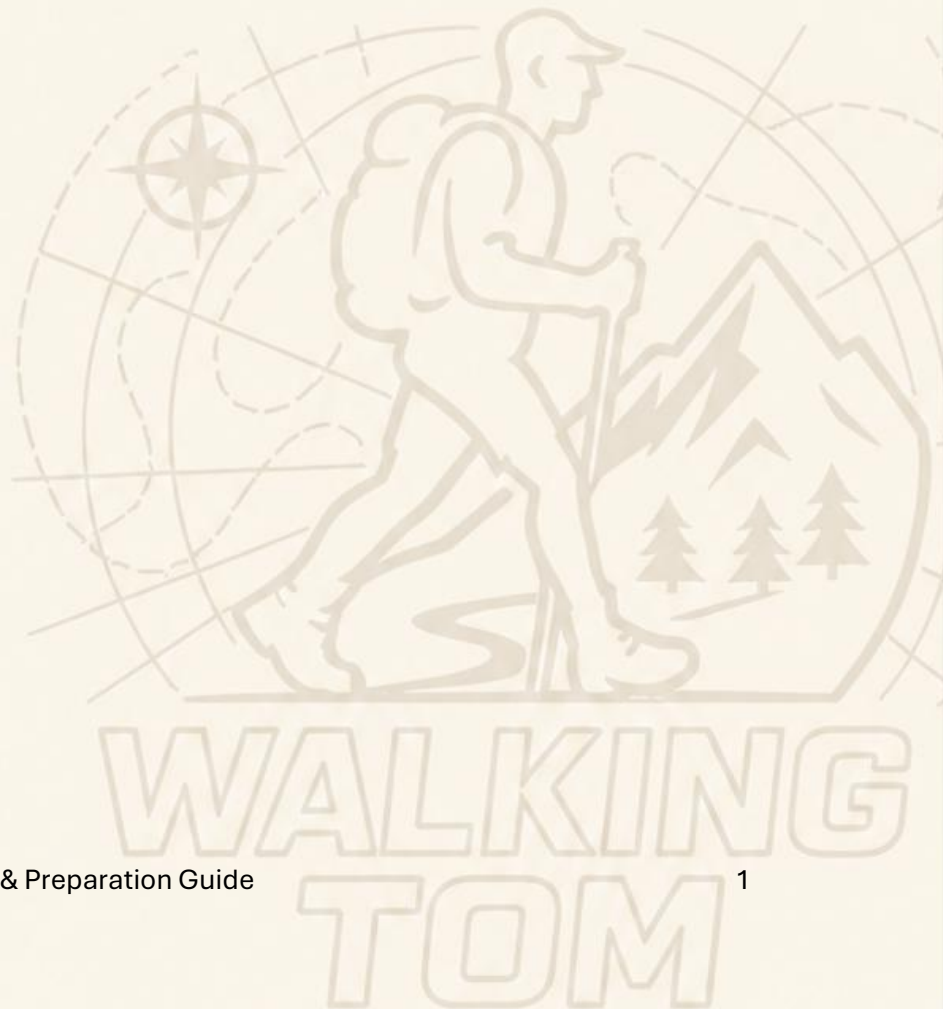


WALKING TOM

EXPEDITION EQUIPMENT & PREPARATION GUIDE

A practical guide to preparing for a Walking Tom expedition — from training and equipment to common mistakes on the trail



PREPARING FOR A WT EXPEDITION

You do not need the most expensive equipment.

And you do not need years of experience.

Every expedition begins long before the first day on the trail.

What matters most is arriving prepared, with realistic expectations and a willingness to adapt along the way.

Long-distance walking is a skill that develops through experience.

The more you walk, the more you learn about your equipment, your habits and your own capabilities.

Good preparation will not remove every challenge from the journey.

However, it will help you enjoy the experience, avoid common mistakes and focus on what really matters once you are on the trail.

The purpose of this guide is not to tell you exactly what to carry.

Instead, it is designed to help you make informed decisions based on your own needs, experience and the nature of the expedition ahead.

FOOTWEAR

If there is one piece of equipment worth paying attention to, it is your footwear.

Long-distance walking places significant demands on your feet, day after day. Comfortable and reliable footwear can make a huge difference to your overall experience.

The most important rule is simple:

Never start an expedition in brand-new shoes or boots.

Your footwear should be well broken in and tested during training walks before the expedition begins.

Comfort is more important than brand, price or appearance.

Different people prefer different types of footwear. Some choose walking boots, while others prefer trail running shoes.

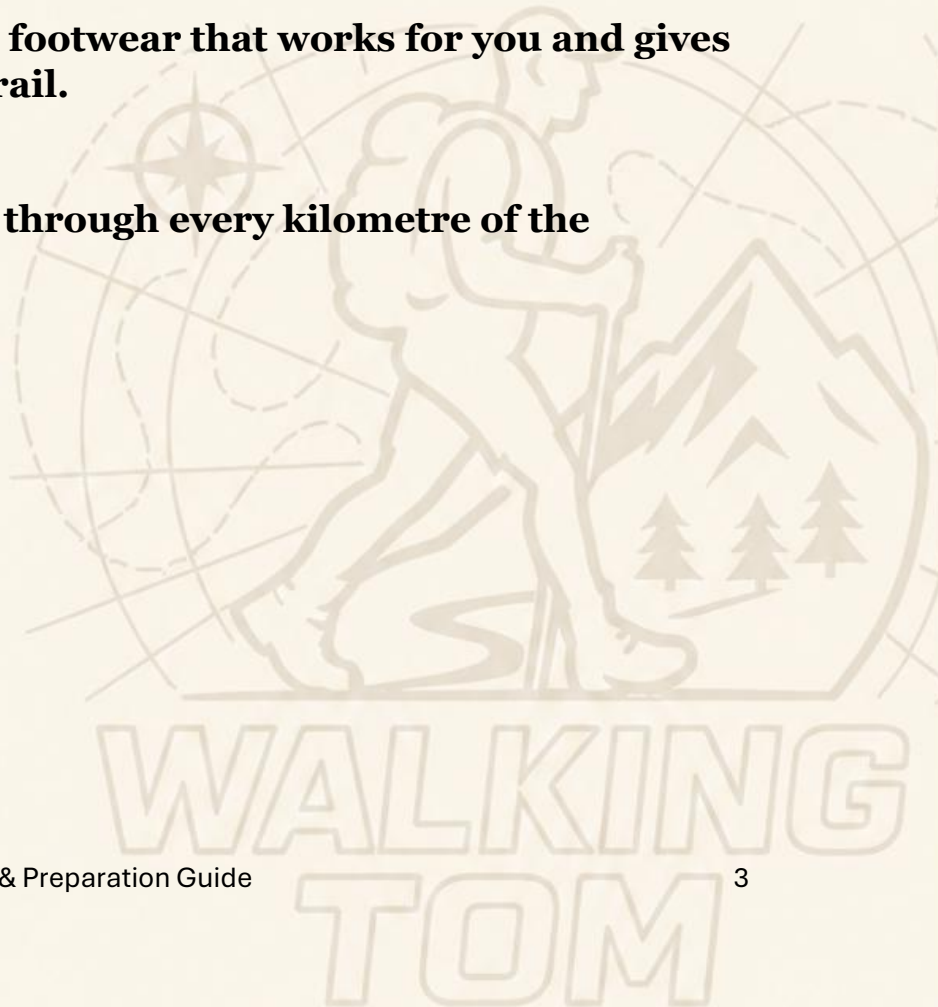
There is no single correct choice.

What matters is finding footwear that works for you and gives you confidence on the trail.

Remember:

Your feet will carry you through every kilometre of the journey.

Look after them.



CLOTHING & LAYERING

Weather can change quickly, especially during multi-day expeditions.

For that reason, clothing should be chosen with versatility and practicality in mind.

Layering is often more effective than carrying one heavy item.

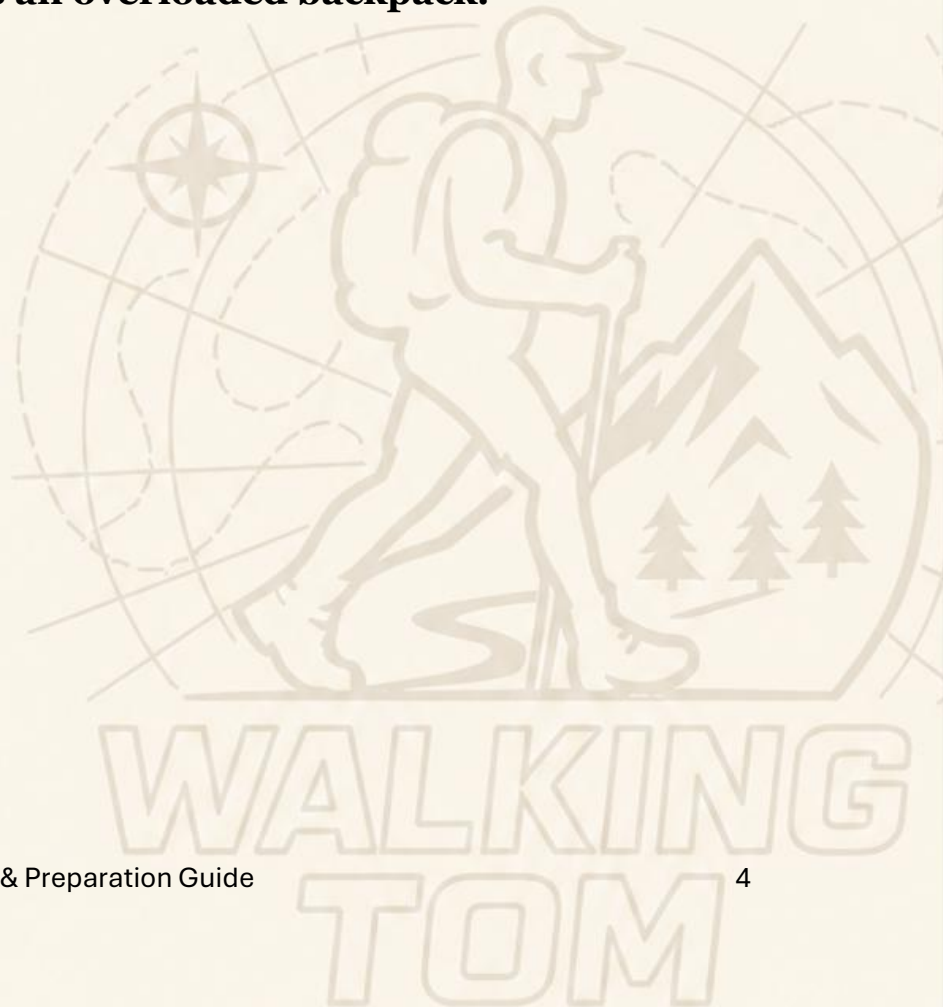
A typical approach is to combine a base layer, an insulating layer and a waterproof outer layer when conditions require it.

Clothing should be comfortable, suitable for movement and capable of drying reasonably quickly.

It is also worth remembering that most people carry more clothing than they actually need.

When in doubt, choose functionality over quantity.

The trail rarely rewards an overloaded backpack.



BACKPACK & PACKING

One of the most common mistakes on long-distance expeditions is carrying too much.

Every item may seem useful when packing at home, but every kilogram feels heavier after a long day on the trail.

Choose your equipment carefully and focus on what you are genuinely likely to use.

A lighter backpack is usually more comfortable, easier to manage and more enjoyable to carry over long distances.

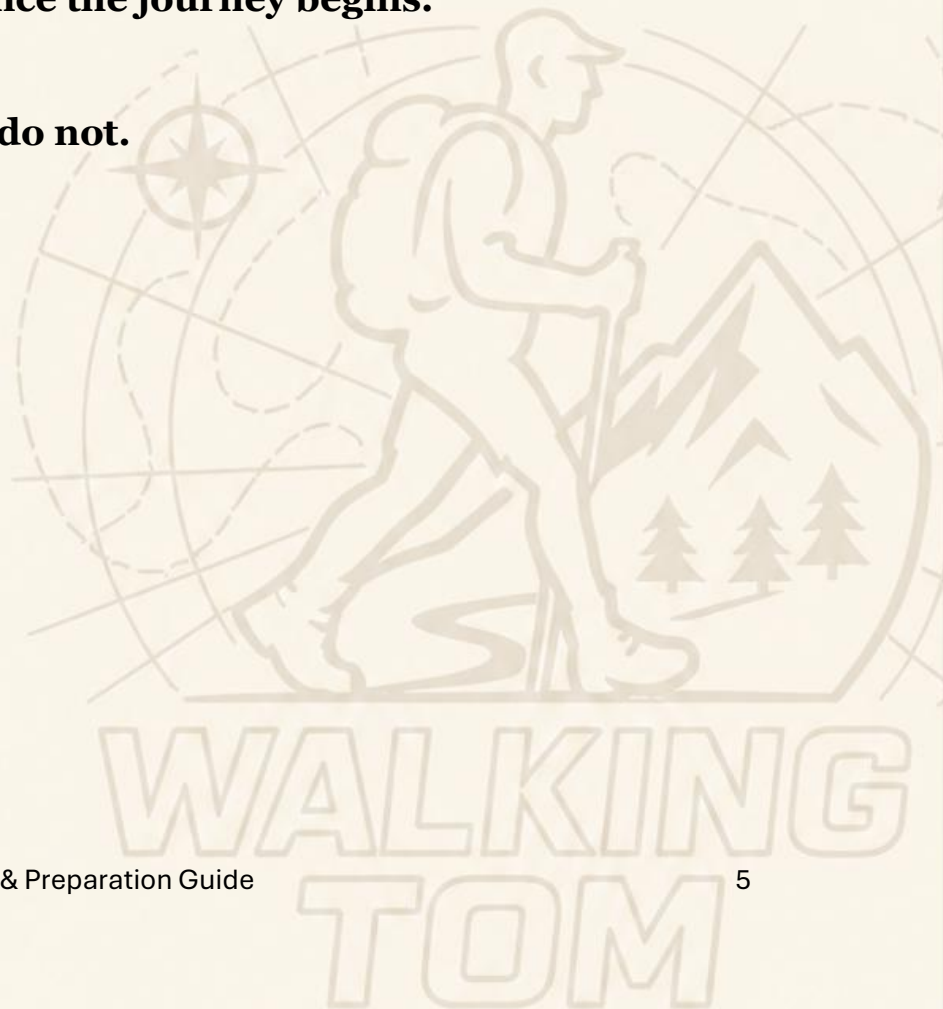
Try to keep essential items easily accessible, especially water, waterproof clothing, snacks, navigation tools and any personal medication.

Before the expedition, spend some time walking with your fully loaded backpack.

Small adjustments made before departure can make a significant difference once the journey begins.

Pack what you need.

Leave behind what you do not.



DAILY ESSENTIALS

While equipment preferences vary from person to person, there are a few items that most walkers carry every day.

Water should always be available and easily accessible throughout the day.

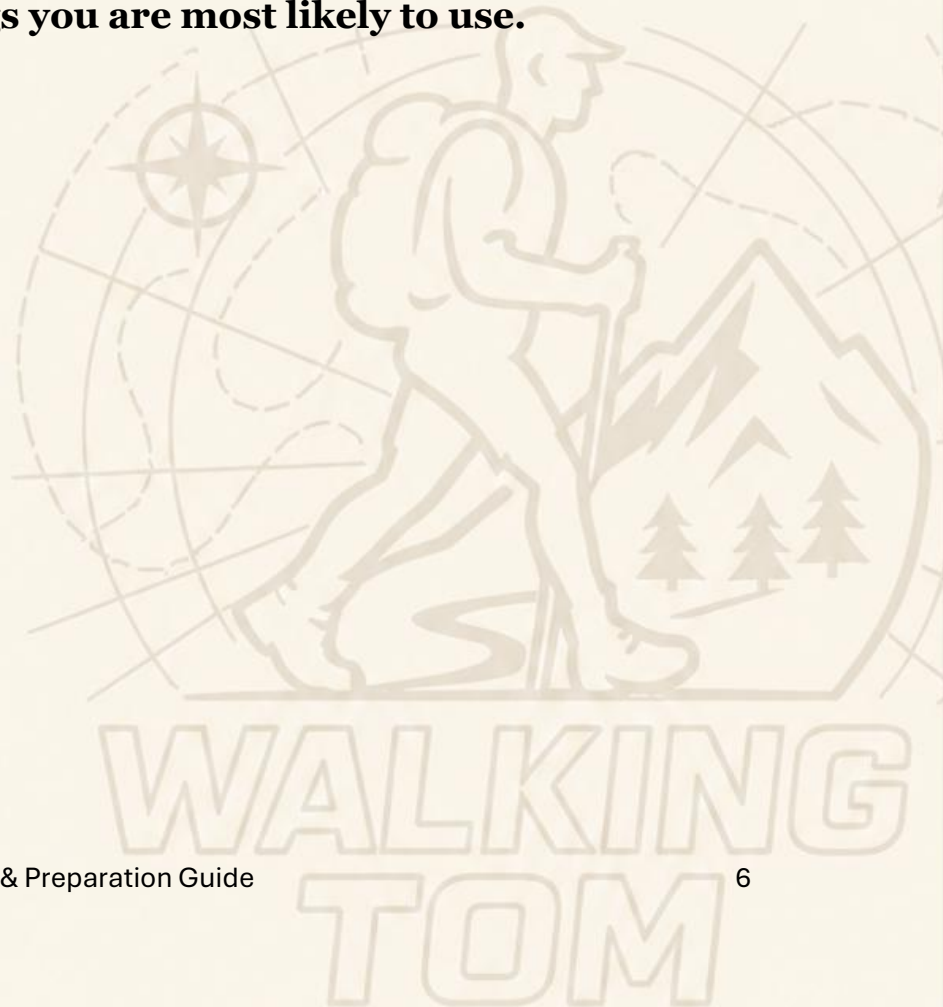
A mobile phone, power bank and charging cable are among the most commonly used items on any expedition.

It is also sensible to carry some snacks, basic personal medication and any important documents required for the journey.

Depending on the route and conditions, additional items such as sunscreen, insect repellent or a head torch may also be useful.

You do not need to carry everything.

You only need the things you are most likely to use.



ELECTRONICS & NAVIGATION

Technology can make life on the trail easier, but it should support the journey rather than dominate it.

A mobile phone is often the most important electronic device, providing access to maps, accommodation details, weather forecasts and emergency contacts.

For longer days on the trail, a reliable power bank is highly recommended.

Offline maps can also be extremely useful, particularly in areas with limited signal coverage.

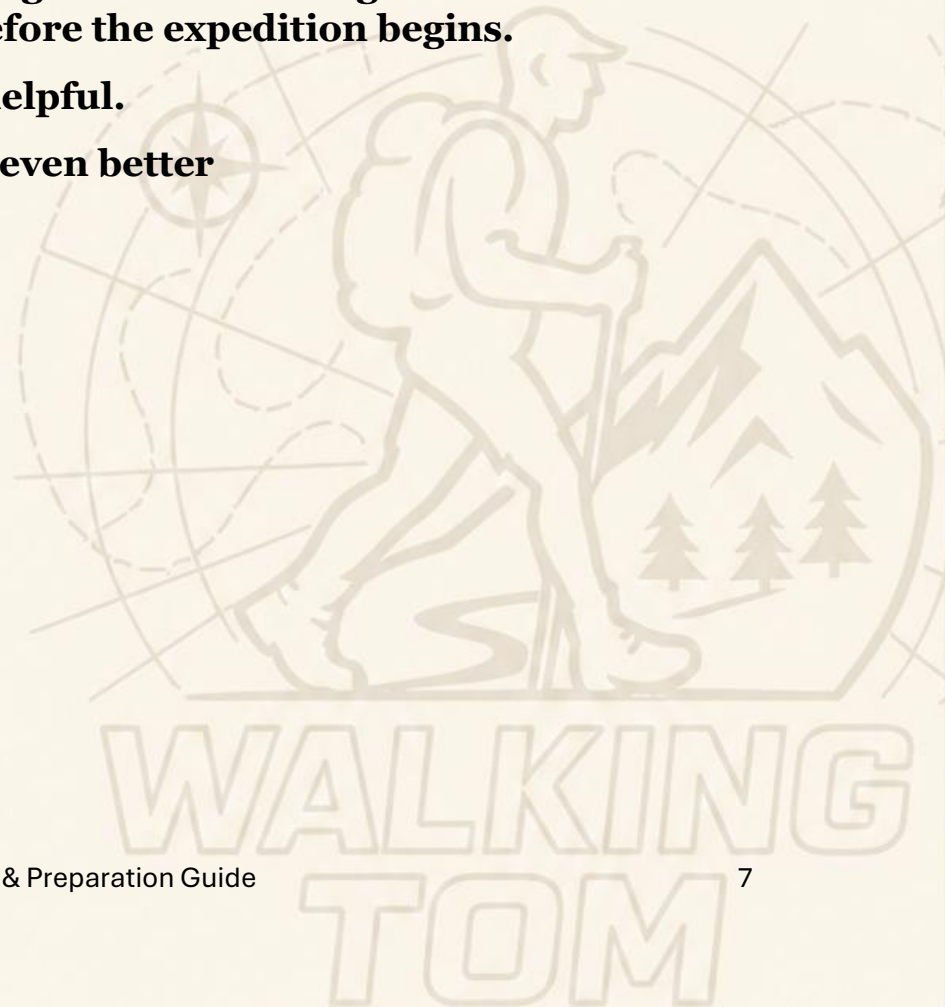
Some walkers choose to carry GPS devices, satellite communicators or additional navigation tools, while others prefer a more minimal approach.

Both options can work well.

The most important thing is understanding how to use the equipment you carry before the expedition begins.

Reliable equipment is helpful.

Reliable preparation is even better



COMMON MISTAKES

Most problems on the trail are not caused by bad luck.

They are caused by small mistakes made before the expedition begins.

Some of the most common include:

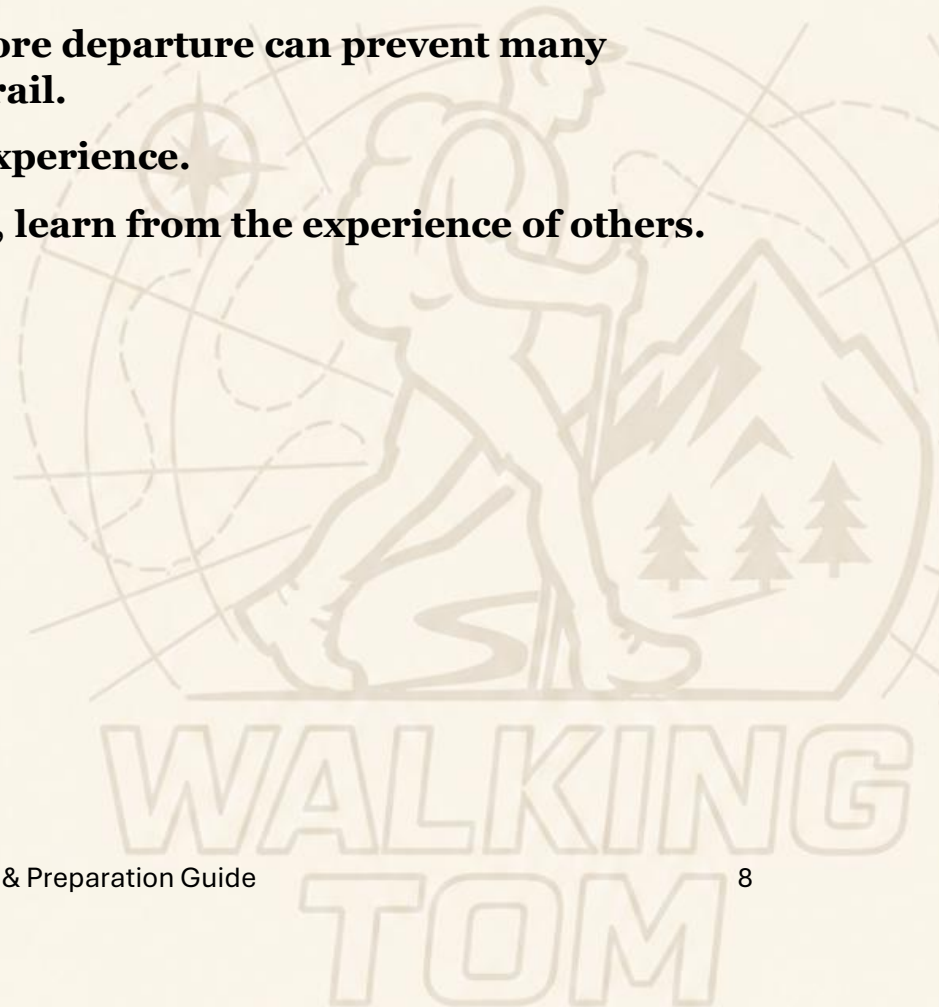
- **Starting the expedition in brand-new footwear**
- **Carrying an unnecessarily heavy backpack**
- **Bringing too much clothing**
- **Relying on equipment that has never been tested**
- **Doing little or no preparation beforehand**
- **Ignoring small issues until they become bigger problems**
- **Focusing too much on distance and not enough on recovery**

The good news is that most of these mistakes are easy to avoid.

A little preparation before departure can prevent many problems later on the trail.

Learn from your own experience.

And whenever possible, learn from the experience of others.



SUGGESTED PACKING LIST

The exact equipment required will vary between expeditions, seasons and personal preferences.

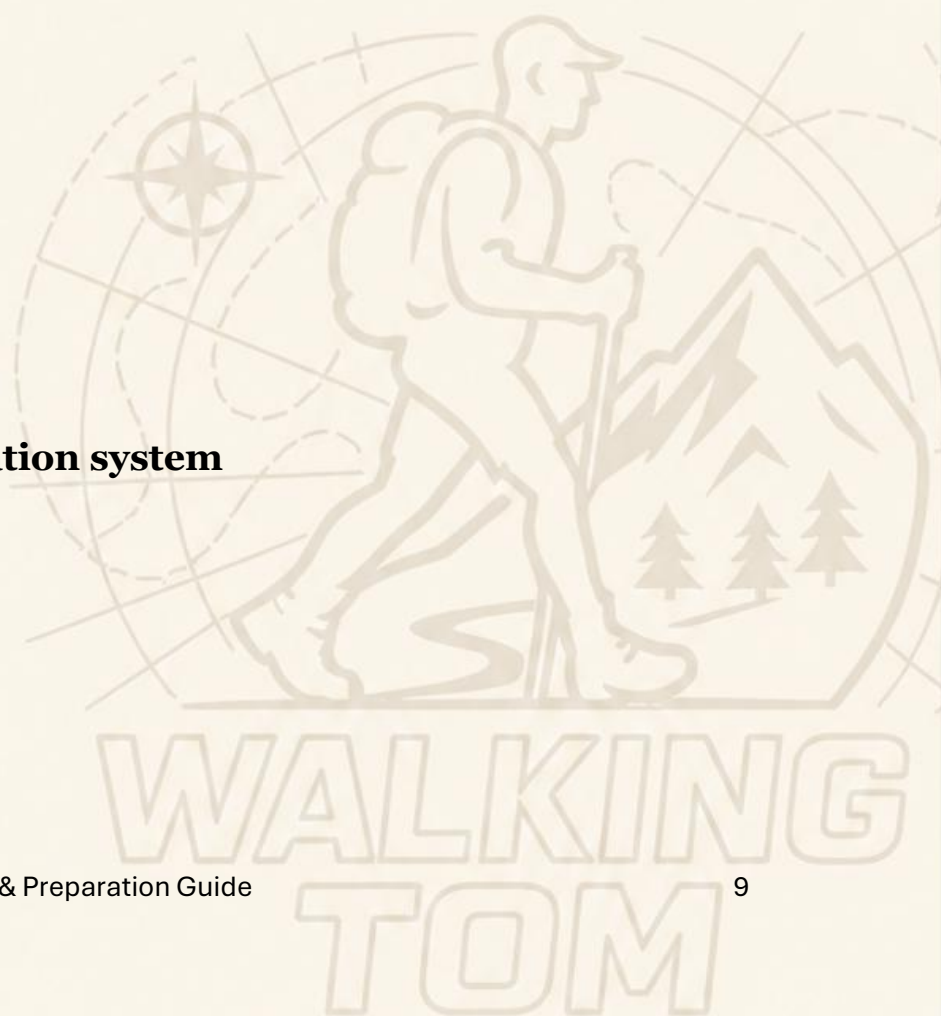
However, the checklist below provides a useful starting point.

Clothing

- ☐ **Walking shoes or boots**
- ☐ **Spare socks & spare underwear**
- ☐ **Walking trousers or shorts**
- ☐ **Base layer**
- ☐ **Mid layer / fleece**
- ☐ **Waterproof jacket**
- ☐ **Hat or cap/buff**

Equipment

- ☐ **Backpack**
- ☐ **Water bottle or hydration system**
- ☐ **Head torch**
- ☐ **Power bank**
- ☐ **Charging cable**
- ☐ **Sunglasses**



Personal Items

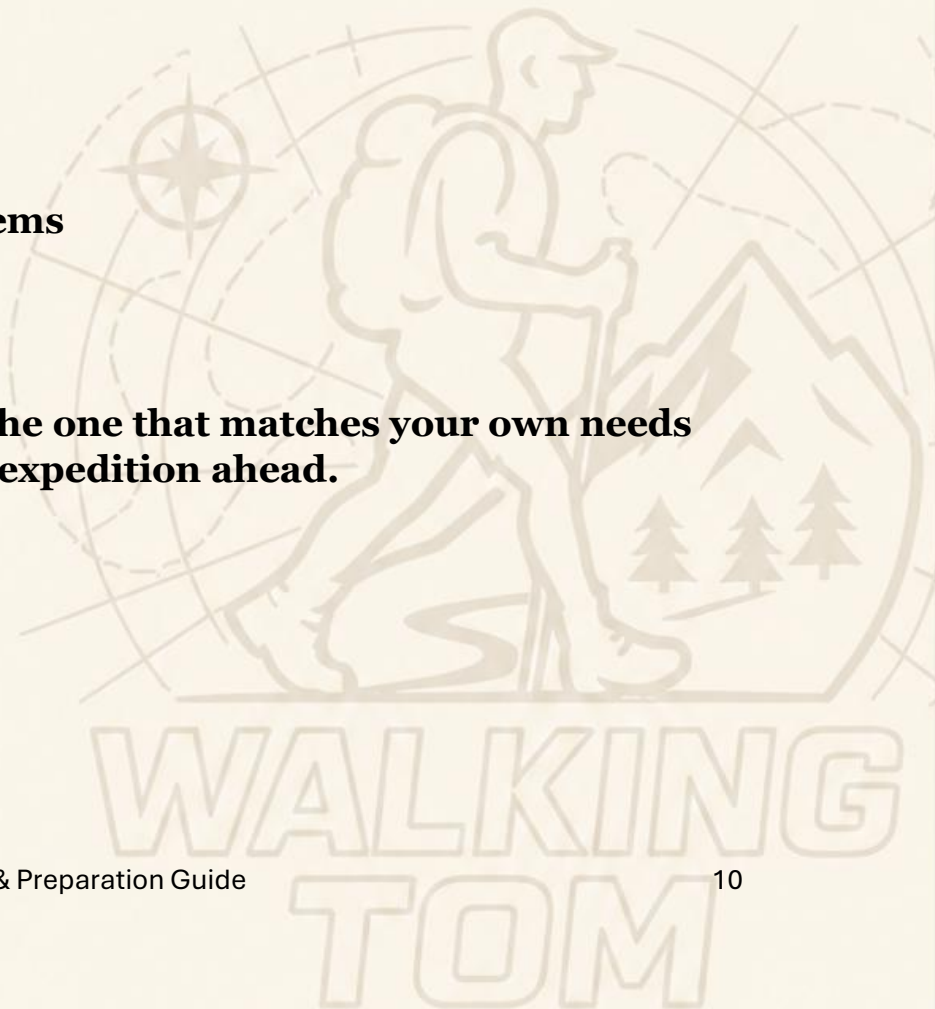
- ☐ **Passport or ID**
- ☐ **Travel insurance documents**
- ☐ **Bank card / cash**
- ☐ **Personal medication**
- ☐ **Toiletries**
- ☐ **Travel towel**

Optional

- ☐ **Trekking poles**
- ☐ **GPS device**
- ☐ **Camera**
- ☐ **Notebook and pen**
- ☐ **Additional comfort items**

Remember:

The best packing list is the one that matches your own needs and the demands of the expedition ahead.



FINAL NOTES

Good equipment helps. Good preparation helps too.

But neither can replace experience.

Some lessons can only be learned on the trail, one day at a time.

Do your preparation, test your equipment and arrive with realistic expectations.

After that, trust yourself, stay adaptable and enjoy the journey.

Every expedition is different.

Every walker is different.

Find what works for you.

Keep what helps.

Leave behind what does not.

And above all:

Keep moving.

Stay active.

Keep exploring.

Tom

