

THE BIG SUMMER

# STROLL & ROLL

**Checklist:  
What to take with  
you**



**Active**  
Gloucestershire



# CHECKLIST

One of the most important things to consider when walking/rolling is what to take with you. Items you may wish to take with you to make your experience safe and enjoyable include:

- ☐ Comfortable footwear (trainers or walking boots)
- ☐ Weather-appropriate clothing (layers, waterproofs, sun hat)
- ☐ Sun cream and water
- ☐ A fully charged phone
- ☐ A light snack or lunch if you're out longer
- ☐ Water
- ☐ A basic first aid kit (especially for longer trails)
- ☐ A paper map or downloaded route, just in case signal drops

**Taking a dog? Make sure you have:**

- ☐ Dog collar and lead
- ☐ Dog poo bags
- ☐ Water and water bowl

**Write a list of anything else you might need for your stroll or roll.**



**My list:**