

What to wear for The Pekoe Trail Hike

Footwear

We strongly recommend proper hiking shoes or light walking boots with good grip and ankle support. While some estate roads and village sections are easy underfoot, many stages include steep descents, muddy tracks, rocky sections, stream crossings, and narrow footpaths through tea and forest. After rain, surfaces can become slippery very quickly. Trail-running style hiking shoes are usually sufficient for experienced hikers, but standard city walking shoes or trainers are not recommended.

Trousers vs shorts

We recommend lightweight long trousers rather than shorts for most stages. Long trousers protect you from leeches, thorny vegetation, stinging plants, sun exposure, and insects, especially in forested and overgrown sections. Quick-dry hiking trousers are ideal. Shorts can be comfortable on open estate roads, but most hikers prefer long trousers for overall comfort and protection.

Additional tips for hiking The Pekoe Trail

- **Leech protection** – Leeches are common in forested and damp sections. We strongly recommend wearing leech socks and carrying leech repellent. Official Pekoe Trail leech repellent and leech socks are available from our store and at selected trail partner locations.
- **Cold weather at higher elevations** – Stages such as 10 and 11 around Horton Plains are at the highest elevations on the trail and can feel cold even during the day, especially with wind or cloud cover. Early mornings and late evenings can be particularly chilly. We recommend carrying a light fleece or warm layer, even if the day starts sunny.
- **Socks and gaiters** – Wear good quality hiking socks and consider lightweight gaiters to keep mud, stones, and insects out of your shoes.
- **Rain protection** – Weather can change quickly in the hills. Carry a light rain jacket or poncho even on clear mornings.
- **Trekking poles** – Highly recommended for steep ascents, long descents, and slippery sections. They reduce strain on knees and improve balance.
- **Hydration and sun protection** – Carry sufficient water, use sunscreen, and wear a hat. Some stages are very exposed with limited shade.
- **Clothing choice** – Lightweight, breathable, quick-dry clothing works best. Avoid cotton, which stays wet and uncomfortable.

- **Pack light but smart** – Bring basic first aid, blister care, insect repellent, snacks, and a fully charged phone with the Pekoe Trail app downloaded for offline use.
 - **Trail conditions** – Always check the latest stage status and advisories before starting, and do not hesitate to hike with a certified trail host or guide if you are unfamiliar with the terrain.
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