

SQUASH FALCONER

adventurer, mountaineer, presenter and speaker

Squash Falconer was the first British woman to paraglide from the summit of Mont Blanc – just one of her many record-breaking adventures. She's also travelled 3,000 miles through South America on her BMW motorbike, summited Everest and currently holds the record for the longest distance travelled on an elliptical bicycle.

WHAT'S IN YOUR RUCKSACK?

WALKING POLES

To save my knees on the way down!

WATERPROOFS

My waterproofs are absolutely essential, because getting wet and cold isn't fun. I use the Rab Xiom Jacket and Pants, and I have some Rab gloves in case I need to keep my fingers warm.

DOWN JACKET

My Rab Microlight down jacket goes everywhere with me. It's always good to have a warm layer close to hand.

RUCKSACK

The Lowe Alpine Eclipse 25 pack is perfect for fun days out in the mountains. It's the ideal size for all of my essentials.

PORTABLE CHARGER

I have the Powertraveller Powermonkey Explorer 2, which is perfect for charging my GoPro, GPS watch and iPhone.

HELMET

Safety first! We were on Scotland's Aonach Eagach ridge (Grade 2 scramble) when this photo was taken. It has some exposed and tricky sections that I wanted my helmet for, just in case.

MAP & COMPASS

Two vital pieces of kit that I always have on any trip. GPS is great, but I need a foolproof backup in case I lose signal.

GOPRO

The perfect camera to document all my adventures.

CHOCOLATE


Obviously! I also had a healthy cheese salad in my rucksack – but that had already been eaten before this photo was taken...

NAKD BAR

A friend introduced me to these super-tasty snacks last year, and now they're a permanent fixture in my pack.

BIKINI

This has absolutely no practical use on the ridge, but it's perfect for jumping in the River Coe after the hike!

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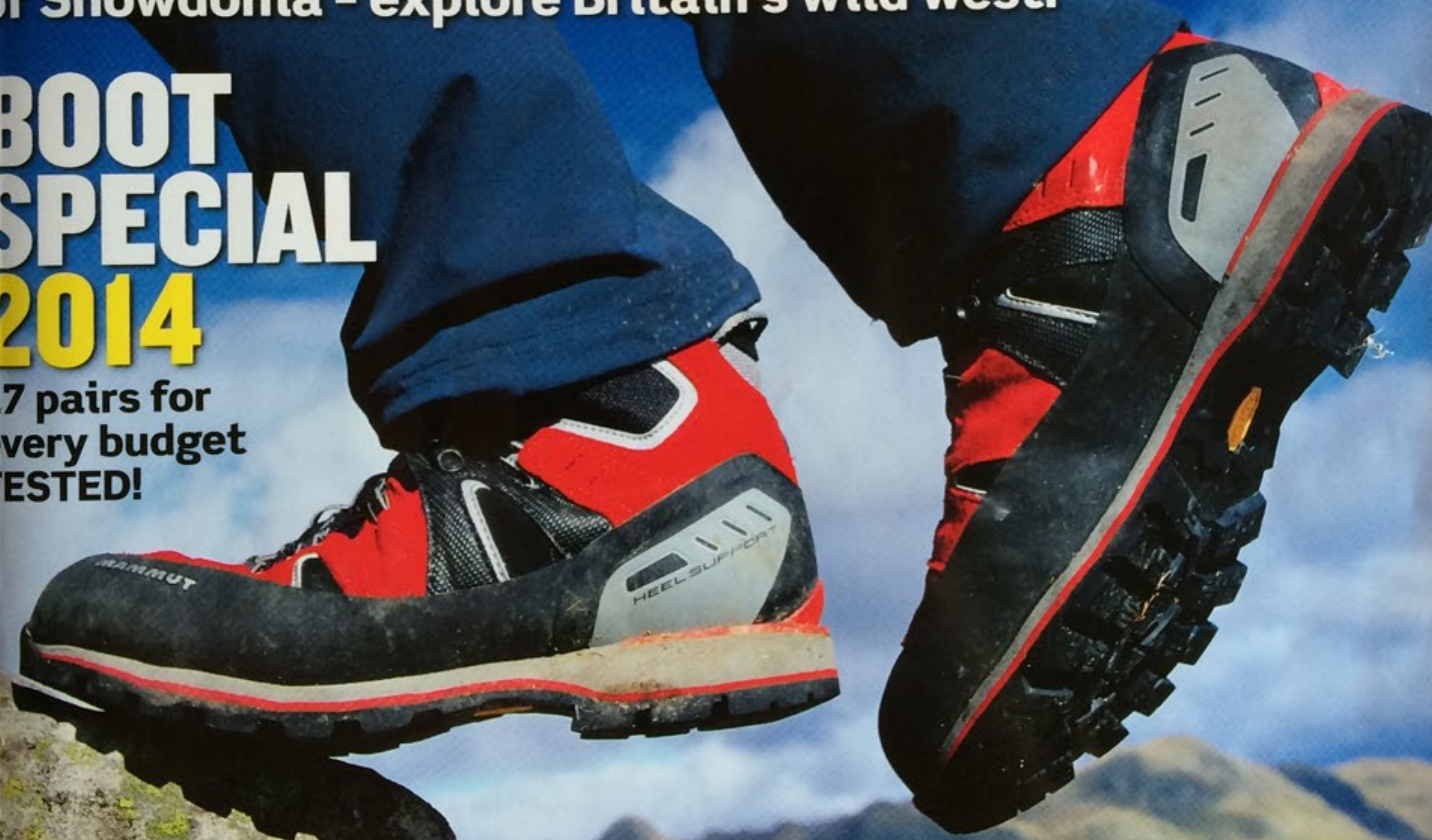
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