

## Kit List

### To Wear

- Walking Boots (broken in, waterproof)
- Walking Socks (thick)
- T-shirt (e.g. sports t-shirt)
- Fleece jumper (no hoodies)
- Walking trousers or leggings (NOT jeans)
  
- Waterproof coat with hood (breathable)
- Waterproof over trousers

### Personal Kit

- 65 L Rucksack

All items to be packed in plastic bags:

- Sleeping mat (on outside of rucksack)
- Sleeping bag
  
- Water bottle (1-2 L, hardwearing)
- Plastic mug and bowl
- Plastic spoon, fork and knife
  
- Toothbrush and toothpaste
- Soap (small amount)
- Small towel (thin, light)
  
- Spare underwear
- Spare walking socks
- Spare t-shirt
- Spare trousers
- Spare jumper
- Warm hat
- Sun hat
  
- Watch
- Torch
- Personal First Aid Kit: plasters, antiseptic wipes, wound dressings, blister plasters, personal medication etc.
- Sun cream
  
- Antibacterial hand gel
- Face mask
  
- Food (as per planned menu):
  - Packed Lunches
  - Breakfast
  - Hot Evening Meal
  - Hot drinks
  - Snacks

### Group Kit (to be shared between team)

- Maps #
- Route cards #
- Compass
- Whistle
- Tent \*
- Stove \*
- Gas for stove \*
- Lighter \*
- Washing up materials
- Extra plastic bags for rubbish and waterproofing things

### Group Emergency Kit

- Emergency rations (high energy food)
- Coins for phone box
- Paper and pencil
- Gaffer tape
- Mobile Phone in sealed plastic bag

### Notes

# these items will be provided

\* these items can be provided

- **Everything on this list is compulsory**
- Remember it is only for a short time – take small amounts

Other items to think about (but will add extra weight):

- Lightweight shoes for evening (closed toe)
- Gloves (it can be cold in April)
- Cloths for wiping up
- Tin opener?
- Small game e.g. Frisbee or pack of cards
- Method of recording your journey e.g. camera or diary