

Kit List BRONZE

To Wear

- Walking Boots (must cover ankles)
- Walking Socks
- T-shirt or thermal top
- Fleece jumper (no hoodies)
- Walking trousers or leggings (NOT jeans)
- Waterproof coat with hood (breathable)
- Waterproof over trousers

Personal Kit

- Approx. 65 L Rucksack

All items to be packed in **plastic/waterproof bags** and **must all be inside the bag (except mat)**:

- Sleeping mat (on outside of rucksack)
- Sleeping bag
- Water bottle (1-2 L, hardwearing)
- Lightweight bowl/plate
- Lightweight cutlery
- Toothbrush and toothpaste
- A change of clothes
- Warm hat
- Sun hat
- Watch
- Torch
- Personal First Aid Kit: plasters, wipes, wound dressings, blister plasters, personal medication etc.
- Sun cream
- Antibacterial hand gel
- Food (as per planned menu):
 - Packed Lunches x2
 - Breakfast x1
 - Hot evening meal x1
 - Snacks (lots!)

Group Kit (to be shared between team)

- Maps #
- Route cards #
- Compass
- Whistle
- Tent *
- Stove *
- Gas for stove #
- Lighter #
- Washing up sponge + soap
- Extra plastic bags for rubbish
- Emergency rations (high energy food)
- x2 mobile phones for emergencies in sealed plastic bags

Notes

these items will be provided

* these items can be provided

- **Everything on this list is compulsory**
- Remember it is only 2 days and 1 night – take small amounts or share

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

- Small game e.g. Frisbee or pack of cards
- Method of recording your journey e.g. disposable camera or diary