

KIT LIST

Adjust the amount of kit you take depending on the number of days you are away for.
Tick off the equipment when it is packed, this way you will not forget anything. (Some kit may be shared between the group.)

PERSONAL EQUIPMENT

Clothing

- Boots
- Alternative footwear (optional)
- Socks (thick & normal)
- Underwear
- Trousers / Tracksuit bottoms (x2 / no jeans)
- Thermal Vest / T-Shirt (or similar / x2)
- Spare Jumper / Sweatshirt
- Waterproof Clothing (Top & bottom)
- Fibre / Fleece jacket (or similar)
- Hat & Gloves

Safety & Emergency

- Bivvy / Survival bag
- First aid kit
- Emergency rations
- Whistle
- Torch / spare batteries & bulb
- Watch
- Map & route card
- Mapcase
- Compass
- Notebook and pencil
- Matches
- Coins for the phone

Camping

- Rucksack (with waterproof liner)
- Warm sleeping bag
- Rollmat (or similar)
- Large bin liner for rubbish
- Washing kit (small towel, toothbrush, toothpaste, soap)
- Knife, fork, spoon, dish, mug (non-breakable)
- Water bottle and / or Flask

GROUP EQUIPMENT

- Tent
- Trangia™ / Stove
- Meths bottle / fuel (full)
- T-Towel / Scourers

REMEMBER - WHAT YOU BRING, YOU CARRY. DON'T FORGET A COMPLETE SEALED DRY CHANGE OF CLOTHES.