

## Kit List

### Personal kit list that you must provide yourselves

- Walking Socks
- T-Shirts
- Walking Trousers
- Underwear
- Pair of Gloves
- Warm Hat
- Sun Hat
- Sun Cream
- Personal Medication & Small First Aid Kit
- Watch
- Whistle
- Torch
- Spare Batteries for torch
- Spare Bulb for torch
- Notebook and Pen/Pencil
- Water Bottle
- Food
- Emergency Food Rations
- Cutlery and Mug
- Lighter
- Small Wash Kit
- Towel
- Small amount of money for emergencies
- Strong Plastic Bags / Bin Liners (to line rucksack)
- Pair of Gaiters (optional)
- Trainers/Flip-Flops (optional)


### Personal kit that we may be able to provide if necessary

- 1x Rucksack (approximately 65 litre capacity)
- 1x Sleeping Mat
- 1x Sleeping Bag
- Sleeping Bag Liner (optional)
- 1x Waterproof Jacket
- 1x Waterproof Overtrousers
- 1x Pair of walking boots


### Group kit that we can provide if necessary

- Tent - 1 per pair
- Trangia Cooking Stove - 1 per pair
- 1 Gas Fuel Bottle (full) - 1 per pair
- 1x Group First Aid Kit


### Survival Bag

### Group kit that participants should provide themselves

- 1x Tea Towel
- 1x Washing-Up Liquid
- 1x Pan Scourer / J-Cloths
- Plastic Bags (for rubbish)
- 1x Camera (photos for report/presentation)
