

Personal equipment list.

- Rucksack 65litres in size- must be comfy (try on) and have sturdy hip and shoulder straps.
- Rucksack cover + liner.
- Sleeping bag (in bin bag)
- Roll mat
- Water Bottle / Flask
- Warm Hat
- Scarf
- Gloves
- Clothes:
- 1pair walking trousers/tracksuit bottoms
- 1 or 2 Tshirts
- 1 Jumper
- 1 Fleece
- Underwear- comfy pants! Comfy bra!
- Spare clothes (1 pair socks, trousers, tshirt, fleece jumper).
- Waterproofs (jacket, possibly trousers)
- 2 pairs thick, walking socks
- Walking boots- must be waterproof and comfy. (Need to wear in for at least 3months)
- (In sunny weather- cap + sunglasses)
- Personal medication(labelled), including pain relief- a list of which should be given to staff member.
- Torch- spare battery and spare bulb (unless LED then only need spare batteries).
- Tissues
- Sanitary items
- Wash kit- 1 small towel (max hand towel size), toothbrush, etc (make sure they are mini versions)
- Durable bin bags or Dry bag x 2 (1 for sleeping bag 1 for spare clothes)
- Plate/Bowl/Cutlery/Mug

Group Equipment list

- Toilet roll
- Tent
- Washing up stuff: mini washing up liquid, scourer, sml tea towel
- Camping stove
- Fuel
- Matches (in a plastic/waterproof bag)
- Pots + Pans
- Group Food- Breakfast, lunch and dinner.
- Watch- at least two members of the team **must** have a watch.
- Camera
- Map and route card
- Compass
- Map holder/case
- HiVis jacket
- Pen + Paper (in waterproof bag/map case)
- Pack of playing cards (in waterproof bag)
- String
- 1st Aid kit
- Contact sheets for emergency
- Emergency rations – min 1000Kcal per person.
- Pocket knife
- Emergency phone
- Plastic whistle.