

Personal Kit List

Clothing

Footwear - decent walking shoes/boots (NOT trainers)

Waterproofs/Hat/Gloves (obligatory!)

Washkit and towel

First Aid kit (inc sun-cream + medication eg inhalers, anti-histamines)

Water bottle (1 litre)

Compass

Small amount of emergency cash (£5)

Rucksack (approx 60L) + Liner

Sleeping Bag + Roll mat

Torch + spare batteries

Cutlery and plate/mug

Emergency rations

Group Kit List

Tent(s)

Matches

Pencils

Washing up kit: washing up liquid; scourer

Tea towels

Food and drink!

Pack of cards/book

We provide:

Trangia stoves and fuel

Maps, copies of route cards etc