

KIT LIST

Personal Equipment (note items marked with * can be supplied from our stores – however supplying your own does help us.)

- Rucksack* (65+ litres)
- Rucksack Liner (heavy-duty waterproof polythene bag) Waterproof Bags (for isolating wet and dry kit & clothing in the pack)
- Boots* (Lightweight and make sure they fit)
- 2 pr Socks (loop-stitch walking socks are best)
- Trousers (quick-drying – **not** jeans)
- T- Shirts (long-sleeved, preferably synthetic, preferably not cotton)
- Fleece
- Coat with hood
- Waterproof Jacket* (attached hood)
- Waterproof Trousers*
- Pyjamas
- Warm Hat e
- Gloves
- Small lightweight towel
- Sleeping bag
- Sleeping mat*
- Personal 1st Aid Kit (plasters, safety pins, blister kit, spare boot lace)
- Emergency Card* (issued at start of expedition)
- Notepaper & Pencil (in a zip-loc bag)
- Watch, camera or phone
- Knife, fork and Spoon, plastic bowl and mug
- 1 litre water bottle
- Packed lunch and food for evening meals.

Group Equipment to be shared

- Tent* One per group
- Stove and Pans, *
- Stove fuel* (distributed only at start of expedition)
- Pan Washing Kit (scourer)
- Food (high calories)
- Map*
- Map Case*
- Route Cards* (prepared in advance)
- Compass*
- Torch & Batteries
- Mobile Phone (in a zip-loc bag) GPS
- Group 1st Aid Kit*

