

Kit List

Equipment

- Rucksack + Plastic bag to keep clothes dry
- Knife, Fork Spoon, Plate, Bowl, Mug
- T-towel, scouring pad/Cloth washing up liquid
- Stove/Fuel/Pans
- Lighter or matches
- Water container + Hydration bag
- Sleeping bag, Karriamat
- Wash Kit, Towel,
- Personal First Aid Kit,
- Foot care/blister kit
- Insect repellent
- Sun cream
- Torch + spare batteries
- Food/Brew Kit
- Tent
- Maps/Map case
- Compass
- Whistle
- Survival Bag

Clothing

- Underwear
- Socks / Thick Walking Socks
- Light weight Trousers/Leggings
- Shorts
- T-shirts/Thermal T shirt
- Jumpers/Fleece tops
- Hats/Scarf
- Gloves
- Water proof coat and over trousers
- Walking Poles (Optional)
- Food drinks Snacks

Foot Wear

- Walking Boots (Gaiters)
- Trainers/light foot wear to change in to when you are not walking (optional)

