

Personal Equipment List

Compulsory Equipment must be carried in your day pack

Clothing:

- Thermals (compulsory)
- Hiking shirt with collar (recommended)
- Loose fitting long pants or shorts (cotton or strong nylon) (recommended)
- Woollen jumper or polar fleece (compulsory)
- Breathable rain jacket (compulsory)
- Breathable overpants (compulsory)
- Sturdy hiking boots. (compulsory) No sandals or sneakers
- Gaiters (optional)
- Hat (recommended)
- Beanie (compulsory)
- Gloves (compulsory)
- Waterproof gloves / mittens (compulsory)
- Sunglasses (recommended)

Equipment:

- Compass (recommended)
- Whistle (recommended)
- Pocket knife (optional)
- Matches/lighter (optional)
- Candle or fire starter (optional)
- Torch (compulsory)
- 2Litre carrying capacity of water (compulsory)
- Day pack (compulsory)
- Personal First Aid kit (recommended)
- Notebook and pencil (optional)

Sundries: (recommended)

- Sunscreen
- Lip balm
- Repellent
- Medications
- Spare glasses if needed
- Camera

Leader is carrying

- Watch
- Wilderness First Aid kit
- Communication device
- Contact information/medical forms
- Compass/Whistle
- Groundsheet
- Sleeping Mat
- Bivvy bag
- Stove and fuel bottle
- Toilet trowel and paper
- Plastic bag

Food: Snacks and meals will be provided including fruit.