

Kit List

CLOTHING

Quantity	Item Description
1 Pair	Walking Boots
2 Pairs	Walking Socks
2	T-shirts
1	Fleece or similar
2 Pairs	Walking Trousers (warm, NOT jeans)
	Underwear
	Nightwear
	Change of footwear for evening
	Warm hat/sunhat (as appropriate)
1	Pair shorts
	Sunblock
1	Waterproof over-trousers
1	Waterproof and windproof jacket with hood

PERSONAL KIT

Quantity	Item Description
	Rucksack
	Rucksack liner (or 2 strong plastic bags)
	Sleeping Mat
	Sleeping Bag
	Waterproof bag for storing sleeping bag
	Tea towel
	Food (lightweight and to include snacks)
	Camera
	Personal first aid kit
	Torch
	Watch
	Water bottle
	Knife, Fork, spoon
	Plate/bowl
	Mug
	Wash kit/personal hygiene items
	Towel