

Expedition Section – Individual Kit List

- 1x pair of walking boots
- 2x pair of walking socks
- 1x thermal top or t-shirt
- 1 x cagoule/coat (waterproof & windproof)
- 1 x waterproof over - trousers
- 1 x shirt
- 2 x sweaters (woollen or fleece)
- 1 x walking trousers (warm NOT jeans)
- 1 x small wash kit
- 1 x small towel
- 3 x pairs of underwear
- 2 x t-shirts
- 1 x pair of trainers
- 1 x hat
- 1 x pair of gloves
- 1 x pair of shorts
- 1 x watch