

	<b>Clothing - What to Wear to Walk</b>	<b>Check before departure</b>
Walking	Walking boots, ankle covered	
Walking	Walking socks	
Walking	Walking trousers ( NOT jeans)	
Walking	Quick dry underwear	
Walking	T-shirt	
Walking	Fleece top or similar	
	<b>PERSONAL KIT in Rucksack - 65 litre</b>	<b>Packed and Checked</b>
Sleeping	Rucksack liner (or strong plastic bag)	
Sleeping	Sleeping bag packed inside a waterproof bag	
Sleeping	Sleeping mat	
Sleeping	Sleeping bag liner (optional)	
Spare Clothes	Walking socks	
Spare Clothes	T-shirt	
Spare Clothes	Thermal t-shirt (optional)	
Spare Clothes	Fleece top or similar	
Spare Clothes	Walking trousers ( NOT jeans)	
Spare Clothes	Quick dry underwear	
Spare Clothes	Warm hat & or sun hat	
Spare Clothes	Pair of gloves	
Spare Clothes	Waterproof jacket (waterproof and windproof)	
Spare Clothes	Waterproof over trousers	
Spare Clothes	1 pair gaiters (optional)	
Other essentials	Personal first aid kit and any personal medications	
Other essentials	Wash kit/personal hygiene items/ Hand Gel/Tooth Brush	
Other essentials	Toilet paper or tissue	
Other essentials	Torch (handheld or head torch and spare batteries)	
Other essentials	Box of matches (in waterproof container)	
Other essentials	Sunblock	
Other essentials	Mosquito/Midge net	
Other essentials	Travel towel or use dirty T shirt	
Other essentials	Small quantity of money (optional)	
Other essentials	Notebook and pen/pencil	
Other essentials	Watch for time and navigation	
Other essentials	Mobile phone sealed in plastic bag	

Other essentials	Card, book or games ( optional )	
Food & Drink	Expedition food (including emergency rations)	
Food & Drink	Breakfast/Lunch/Dinner and Snacks	
Food & Drink	Water bottle	
Food & Drink	Water purification	
Food & Drink	Knife, fork, spoon	
Food & Drink	Plate/bowl/Mug	
	<b>GROUP KIT</b>	
Camping	Tents	
Cooking	Trangias	
Cooking	Fuel Bottles	
Safety	Group First Aid kit	
Navigation	Maps and Route Cards – Check they are correct for Group	
Navigation	Compass	
Navigation	Map cases	
Safety	Whistle	
Hygiene	Trowel	
Safety	Survival Bag	

Weight: aim for 10-11kg, excluding food