

D of E - KIT LIST!!

WHAT TO WEAR.....

You need **GOOD** insulation – this will help you keep warm in cold conditions and cool in hot conditions! **COTTON** t-shirts are NOT good because they stay wet next to the skin!

SYNTHETIC MATERIAL dries rapidly! Eg polyester football shirts etc

A JACKET – this needs to be a waterproof and breathable walking jacket (eg gortex)

Waterproof over-trousers. DO NOT wear JEANS! They stay WET and get heavy in the rain!. **A HAT** – 33% of your body heat escapes through your head! You might also need GLOVES! Bring spares if forecast is rainy

SPARE DRY CLOTHES – IN a PLASTIC BAG/bin liner! – take lots of socks – you WILL appreciate it! Bring extra clothes to leave in a bag on the bus.

WALKING BOOTS! – these need to be WORN IN for weeks before you go – make sure they fit properly (and have ankle support)

Wear TWO pairs of socks – this cuts down on the risk of blisters! Flip flops for evening?

RUCKSACK – if you have your own then fine, otherwise we can lend you one – you will need a **LINER** (eg rubble sack/ bin bag) to put inside it – again to keep the water OUT!

SLEEPING BAG! – PUT THIS in a BIN LINER inside your rucksack – you DO NOT want to be wringing the water out of your sleeping bag when you get to your campsite! – yes, this has happened!

ROLL MAT

PLASTIC BAGS ARE GREAT FOR KEEPING YOUR STUFF DRY!

A torch AND BATTERIES! – in a plastic bag otherwise it won't WORK!

DRINK BOTTLE – you will need lots of FLUID on your route **1-1.5l**

SUNGLASSES + SUN CREAM – yes it MIGHT be sunny! Insect bite cream?

FOOD – you should have planned your food needs for the weekend! Take **SPARE** food as well + snacks and **SWEETS**

Emergency rations will be checked at the end...

A Mug, a SPORK perhaps, **a bowl/plate** – plastic ones are good!

Walking poles? Gaiters?

Personal 1st aid – in a plastic bag would be good! **INCLUDE PERSONAL MEDICATION**, and ensure group understand any necessary requirements! +accident card, pen, paper whistle

GROUP KIT:

1ST aid kit

MAPS/COMPASSES – with a **MAP HOLDER** and a pencil/ paper

ROUTE CARDS – again in a **protective HOLDER** – if it gets wet and unreadable you will be in trouble!

TENTS: complete duh!

STOVES and FUEL it needs to have a hole, be resealable and have a screw thread for attaching the tranjia connector

LIGHTERS/matches – *do I really need to tell you that this needs to be IN A PLASTIC BAG???? I hope not!*

MONEY for emergencies and for paying the campsite!

Also consider:

Penknife for repairs/spare fleece/hat/gloves/socks/food/camera/mobile phones (sealed in a bag)

COPIES OF YOUR ROUTE CARDS?!?