

## Kit List

Below you can find our recommended kit list. We do stress that it is not necessary to go out and buy all new and expensive kit. As long as you have a sleeping bag and roll matt, torch, appropriate footwear and some warm clothes, you will be fine. Just to be sure, we have outlined the key items of kit below.

### ESSENTIAL ITEMS:

- Large rucksack (or alternative bag/suitcase)
- Small rucksack for daytimes away from camp
- Warm sleeping bag (season 3 recommended)
- Roll matt
- Track suit/hard-wearing trousers
- T-shirts
- Warm jumpers/fleece
- Waterproofs (jacket and trousers)
- Warm socks and underwear
- Footwear (at least 2 pairs e.g. walking boots/old trainers)
- Wash bag including: toothbrush, toothpaste and face wipes
- Towel(s)
- Water bottle
- Good torch with fresh batteries
- Insect repellent
- Sanitising hand gel

### OPTIONAL ITEMS:

- Sleeping bag liner
- Pillow
- Whistle

### WEATHER DEPENDENT ITEMS:

- Wellington boots
- Warm hat
- Gloves
- Scarf
- Sun hat
- Sun cream

