



## Suggested Equipment List

### **Personal equipment**

- Boots (must be worn in)
- Flip-flops for when in camp (optional)
- Gaiters (optional)
- Underwear
- Socks
- Base-layers/thermals
- Trousers (no jeans or cords)
- Shirts/T-shirts
- Fleece
- Waterproof coat
- Waterproof over trousers
- Hat
- Gloves
- Watch
- Emergency rations (2 chocolate bars – not to be eaten)
- Matches (in waterproof bag)
- Torch with spare batteries
- Spare set of clothing
- Note pad and pencil
- Sleeping bag – 3 season min.
- Camping mat
- Survival bag
- Toothbrush & toothpaste
- Tampons/Sanitary towels
- Toilet paper/wet wipes
- Mug & plate/bowl
- Knife, fork & spoon
- Drinks container (1-2 litre)
- Sun protection/glasses/hat
- Spare plastic/nappy bags (useful for wet gear/underwear etc)

### **Group equipment**

- Washing up liquid
- Sponge pad for washing -up
- Drying up towel
- Food
- First aid kit including blister treatment
- Emergency fully charged mobile phone in sealed bag
- Map
- Map case
- Compass
- Tent
- Storm shelter
- Trangia & fuel
- Ruck-sack & attached whistle
- Inner waterproof bag(s)
- Water purification tablets (Gold)