

KIT LIST

2 day 1 night

All items on this list are to carried or worn

1	Rucksack	<i>Preferably with liner</i>
1	Sleeping bag	<i>At least 3 seasons and small enough to fit in a rucksack</i>
1	Karri mat	
1	Walking Boots (not school shoes or trainers)	<i>IF you are buying new boots, ensure you have walked them in before the 17th. Whatever the salesperson in the shop says, all boots need walking in!</i>
1	Set of Waterproofs	
2	T-shirts	
2	Warm top and/or fleece	
2	Trousers (Combats)	<i>No Jeans.</i>
1	Shorts	<i>Optional</i>
2	Socks, Thick	
1	Hat and gloves	
1	Tea Towel	
1	Plate/Soup/dessert Bowl	<i>You will find that two mess tins are the best solution for this</i>
1	Drinking Mug	<i>Plastic or steel – not china!</i>
1	Knife, Fork & Spoon	<i>Metal not plastic</i>
1	Torch	<i>With spare batteries</i>
	Plastic bags	<i>Clothes should be packed in plastic bags. Also for dirty washing</i>
1	Water Carrier	<i>1 litre or 2 x 500ml are easier to handle and pack</i>
1	Whistle	
1	Emergency rations	<i>Mars bar, nuts and or equivalent, packet soup/chocolate in a sealed container. This will be checked at the start and finish of the walk</i>
1	Compass	<i>We have spares</i>
	Maps/Map cases/pencil	<i>Supplied/we have spares</i>
	Spending Money	<i>No more than £5</i>

In addition to the above, between the team you will need to bring/carry

2	Two person lightweight tents	<i>Per team and supplied</i>
1	Cooking Sets (Hexy's)	<i>With fuel tablets and matches</i>
1	Washing up liquid	<i>Just a small container</i>
1	Toilet paper	
2	Survival bag	
1	Watch	
1	First aid kit	<i>Per team and supplied</i>