



# Equipment

\* available from stores

## 1 day walk :

Walking trousers NOT JEANS, loose fitting & windproof

Tee shirt

Sweatshirt or fleece

Walking boots

Walking trainers (summer)

Spare laces

Thick socks

Gloves (winter)

'Beanie' hat or 'choob' (winter)

Waterproof over coat with hood \*

Waterproof over trousers \*

Rucksack with waterproof liner \*

Hot drink in a flask

Water or weak juice in a plastic bottle

Sandwiches

Chocolate / nuts / snacks

Gaiters (optional)

Sun hat (summer)

Shorts (optional, summer)

Compass (SILVA brand)

Plastic whistle

Torch + spare batteries & bulbs

Map + case \*

Personal 1<sup>st</sup> Aid kit (assorted size plasters, paracetamol, antiseptic cream & wipes, blister treatment)

Emergency rations (chocolate, nuts, raisins, boiled sweets, mint cake)

Notebook & pencil

Change for telephone box

Sun cream

Midge repellent (summer)

## 2 to 4 day expedition :

Same as for 1 day walk plus;

Tracksuit (for night wear or spare)

Survival bag \*

Pocket knife, Matches, String, Needle & thread

Plastic bag (to pack clothes in)

Sleeping bag \*, Ground mat \*

Utensils (knife, fork, spoon, bowl/mess tin, cup)

Toiletries (soap, small towel, toothbrush, toothpaste, toilet paper, wet wipes)

Food

Between the group :

Tent \*, Trangia \*, Meths \*, Water container \*