



Kit List

65 Litre Rucksack

Headtorch

First Aid Kit
Plasters
1x Bandage

Food

Mess Tin

Wash Kit

2 Litres of Water

5x Bin Bags

Washing Up Supplies

Cutlery

Sleeping Bag

Roll Mat

Compass

Whistle



Spare Set of Clothes & Base Layers

Walking Boots

Socks (1 Per Day)

Hooded Waterproof

Base Layer (1 Per Day)

2x Mid Layer

2x Leg Wear

Waterproof Trousers

Hat (to suit weather)

Gloves (if cold)

Camp Shoes

Watch

Suncream (If needed)

Rucksack Liner

