

## Suggested Kit List

### Personal Kit List

- Walking boots
- Two sets of clothing
  - Suitable trousers - not jeans/cords
  - Three layers for top: t-shirt/light fleece/heavy fleece
  - Socks /underwear
- Large rucksack: approx. 65 litres
- Rucksack liners- rubble sacks work well
- Hat/scarf/gloves
- Waterproof jacket/trousers
- Water bottle
- Torch with new batteries & spare batteries/spare torch
- Survival bag (not Bronze)
- Emergency rations (not Bronze)
- A sleeping mat or roll mat
- Sleeping bag
- Spare clothes to sleep in (thermals & spare hat & gloves)
- Toiletries
- KFSMP (Knife, fork, spoon, mug, plate)
- Matches in waterproof container
- Personal medication & blister plasters

### Group Kit List

- A first aid kit
- A fully charged mobile phone which should be switched off and only used in emergencies
- At least two maps (compass/whistle)
- Tents
- Stoves
- Washing up kit - wire wool/washing up liquid/tea
- Towel
- Lighter
- Bags for rubbish

### Kit Hire

We have a limited amount of sleeping bags, tents and portable cooking stoves available to hire. We charge for these items to enable us to maintain and replace equipment as necessary. These items can be ordered using the Kit Hire forms but will be allocated on a first come, first served basis.