

EQUIPMENT AND CLOTHING REQUIREMENTS FOR OVERNIGHT TRIPS

GENERAL EQUIPMENT

- Torch and spare batteries / Globe
- 5 Garbage bags
- Water bottle (2 litre)
- Toiletries
- 1 tea towels
- Personal first aid kit (Sunscreen, bandaids, etc)
- Eating Utensils (Plastic Cup, Bowl, Plate)
- Cutlery (Knife, Fork, Spoon)
- Plastic whistle.
- Sleeping Bag

CLOTHING REQUIREMENTS

- Woollen/Fleece hat or balaclava
- Fibre pile jacket (or two woollen jumpers)
- Thermal Underwear
- Tracksuit pants – not cotton
- 2 pr woollen socks
- Woollen gloves or mittens
- Walking boots / Runners
- Underwear
- Shorts
- T shirt

Spare:

Underwear
Socks
T shirt
(Thermals)