



Equipment List - Hike

- Day-bag for hiking (School bag)
- Waterproof jacket
- Waterproof trousers
- Hiking boots
- Socks (thick socks for hiking)
- Combats or hard wearing pants (NOT jeans)
- Warm clothes (T-shirt, Jumpers)
- Warm hat, scarf and gloves
- Water bottle
- Personal First-aid kit (Swabs, Plasters, Lint, Scissors, Tweezers, etc)
- Bivi Bag
- Whistle
- Insect Repellent
- Lip Salve
- Packed Lunch
- Full change of clothes
- Plastic bag X 2 (For dirty clothes & boots)

