

Packing list

Please bring all items unless marked.

- Pack
- Boots
- Sleeping bag
- Sleeping bag liner - optional
- Sleeping mat
- Rain jacket - rain is not expected but this may change. We will discuss weather-dependent clothing at the theory session.
- Mess kit
 - Bowl
 - Knife
 - Fork
 - Spoon
 - Tea towel - optional
- Toiletries
 - Toothbrush
 - Toothpaste
 - Small / microfibre towel - optional
 - Deodorant
- Headtorch (+ spare batteries)
- Handheld torch - optional
- Power bank
- Charging cable(s)
- Socks
- Trousers
- Underwear
- Thermals - we will discuss weather-dependent clothing at the theory session
- Shirts
- Fleeces / jumpers - we will discuss weather-dependent clothing at the theory session, but have at least one regardless
- Beanie - optional
- Pillow
- Hat
- Rain cover for pack
- Sunscreen
- Insect repellent
- First aid kit - bring what you can if you have any of this, we will also have backup supplies
 - Space blanket
 - Triangular bandage
 - Elastic / compression bandage
 - Crepe bandage
 - Gloves
 - Antiseptic gel / saline drops / wipes
 - Anti-inflammatory cream

- Band-aids
- Gauze
- Scissors
- CPR mask
- Non-stick dressing
- Strapping tape
- Tweezers
- Multi-tool / swiss army knife
- Sunglasses - recommended
- Lighter
- Hand sanitiser
- Water bottles - must have 4L water *plus* any water required for cooking
- Plastic bag(s)
- Bag for dirty clothes - optional