

CHECK LIST FOR A MOUNTAIN DAY OUT

You wear -

Boots
Comfy stretchy clothes that dry quick & are still warm when damp.
Layers that can be adjusted to suit the day

You Carry

25-30 litre rucksack
Plastic liner
Packed lunch/drink
Spare high energy food (i.e. chocolate/sweets)

Sealed in a bag. Only to be eaten on return.

Contact number
Spare jumper/fleece
Spare thick socks
Warm hat

Gloves

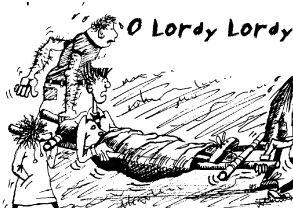
Small torch.
Reverse batteries!!!!

SUMMER

Torch
Whistle
Waterproof top
Waterproof bottoms
Brain/common sense
Change for phone/Phone card

Try to avoid

Big Fashion coats
Getting mobile wet
Getting blisters



SHARED ITEMS

Survival shelter/bag
Maps/compasses
Flasks
First aid

IN

ADD

suncream
insect repellent
shorts
baseball hat with neck cover.



THE TERRIBLE MODERN HORRORS OF GLENCOE 1946

TO LEAVE OUT ANY ITEMS MAY ENDANGER THE WHOLE GROUP

