

## Equipment Checklist

### **What You Must Take In Your Sack**

Rucksack 50 to 65 litre capacity  
Plastic liner inside rucksack  
Sleeping mat  
Sleeping Bag  
Spare base layer top  
Thin stretchy trousers  
Two thin fleeces  
Undies  
Good loop stitch socks  
Waterproof jacket with hood  
Waterproof trousers  
Warm hat  
Gloves (in summer add extra socks instead)  
Very small towel (trek towels are good)  
Toothbrush  
Water bottle or hydration bag  
Fork, 2 spoons, tea spoon.  
Plastic dishes & a mug.  
Whistle  
Lunches & snacks  
Spare high-energy food  
Money

### **What You Should Take Per Tent**

Tent  
Matches  
One waterproof box of matches  
Stove  
Fuel for stove  
Pen knife (Swiss army type – no open knives)  
Loo roll  
Scourer and light dishcloth  
Toiletries (work out what you can share)  
Small torch (new batteries removed, spare bulb)  
Dinners & Breakfasts

### **What You Take as a Whole Group**

Maps/compasses – I will give out on coach  
First aid with plenty of blister treatment  
Survival bag  
Emergency procedures sheet & contact details – I will issue on coach