

KIT LIST

Below you can find our recommended kit list. We do stress that it is not necessary to go out and buy all new and expensive kit to come on our trips. As long as you have a **sleeping bag** and **roll mat**, **torch**, **appropriate footwear** and some **warm clothes** you will be fine, but just to be sure we have outlined the key items of kit below.

ESSENTIALS

- Large rucksack (or alternative bag/suitcase)
- Small rucksack for daytime away from camp
- Warm sleeping bag
- Roll mat
- Tracksuit/hard-wearing trousers
- T-shirts
- Warm jumpers/fleece
- Waterproof jacket and trousers
- Warm socks and underwear
- Footwear (2 pairs - e.g. walking boots, old trainers)
- Swimwear & suitable swimming footwear e.g old trainers (please check with school if this is planned for you)
- Towel(s)
- Wash bag including toothbrush, toothpaste and face wipes

- Good torch with fresh batteries
- Insect repellent
- Alcohol Hand Gel

OPTIONAL

- Sleeping bag liner
- Pillow
- Whistle

WEATHER DEPENDENT

- Wellington boots
- Warm hat
- Gloves
- Sun cream
- Sun hat

- ✘ We kindly ask that you do not bring any sweets or snacks onto camp, particularly those containing nuts.
- ✘ We also do not advise bringing electronic equipment, such as mobile phones.

