All items in red are OPTIONAL but recommended

PACK AND CONTENTS

* Bergen/rucksack Capacity 30 - 70 litres
* Waterproof liner(s) / canoe sack(s) inserts for Bergen. Use doubled up bin bags as an alternative.
* Orange / luminous Bergen marker panel or hi-vis safety vest.
* Emergency bivi or space blanket
* First aid kit: sterilised wipes, plasters, blister treatment kit and painkillers
* Sleeping bag

Warm Kit

* Jacket. Must be fit for purpose depending on summer / winter conditions. Use two items if your main jacket will not provide sufficient insulation in prolonged sub-zero temperatures
* Waterproof jacket & trousers (trousers optional)
* Roll mat
* Spare hat & gloves
* Flask of hot water for tea / coffee / hot chocolate
* Plastic mug

PERSONAL CLOTHING & EQUIPMENT (to be used on the day)

* Suitable walking boots (Trainers are not acceptable)
* Trousers. No skirts (Shorts acceptable for summer events)
* Tee shirt. Can be cotton but dry wick or professional base layer standard advised.
* Windproof jacket
* Warm hat and gloves or sun hat
* Socks of a decent quality suited to trekking, hill walking
* Neck buff
* Water bottles / hydration system (minimum of 2 litres).
* Head torch and spare batteries
* Sharp knife / utility tool
* Whistle
* Emergency Vitals card: Name, next of kin name & mobile number, blood group if known, any medical history/condition.

Dry kit consisting of a complete change of clothing:

* Underwear
* Socks
* Trousers
* Base layer/tee shirt
* Warm middle layer
* Towel

Other recommended kit but not essential

* Camera / Mobile phone
* Notebook & pencil in waterproof bag
* Personal snacks
* Spare change
* Sun cream and lip balm
* Walking poles
* Watch

BASE CAMP BAG:

* Towel
* Change of clothing and footwear. (Casual, warm/cool loose fitting and comfortable clothing for post hike and trip to the pub.)
* Deodorant