

Packing list

- Dry Bags, waterproof containers or garbage bags to pack clothes in to stay dry.
- Shoes and
- Sleeping bag
- Sleeping bag liner – optional
- Sleeping mat
- Rain jacket - rain is not expected but this may change.

Mess kit

- Bowl
- Knife
- Fork
- Spoon
- Tea towel – optional

Toiletries

- Toothbrush
- Toothpaste
- Small / microfibre towel – optional
- Deodorant
- Headtorch (+ spare batteries)
- Handheld torch – optional
- Socks
- Trousers
- Underwear
- Shirts

- Fleece/jumper - at least one
- Beanie – optional
- Pillow
- Hat
- Sunscreen
- Insect repellent

Personal First aid kit – e.g.

- Space blanket
- Triangular bandage
- Elastic / compression bandage
- Crepe bandage
- Gloves
- Antiseptic gel / saline drops / wipes
- Anti-inflammatory cream
- Band-aids
- Gauze
- Scissors
- Non-stick dressing/Strapping tape
- Multi-tool / Swiss army knife
- Sunglasses – recommended
- Lighter
- Hand sanitiser
- Water bottles - must have 2L water plus any water required for cooking