



KIT LIST

The following list of items should be brought by each participant. All specialist equipment will be supplied by us. Please note that some items are compulsory while others are optional.

REQUIRED	
Backpack (with two shoulder straps)	
any prescription drugs you are already taking, extra inhalers for asthma use	
1 x Pocket Torch (+ Spare Batteries)	
Paracetamol tablets for mild to moderate pain	
Suncream (In Summer Months)	
Plasters including some form of blister treatment pack (e.g. Compeed)	
1 x 2L Bottle of Water	
1 x Trash Bag	
2 x Pair Extra Socks	
1 x Woolly Hat	
1 x Insect Repellent	
Pen, pencil and paper	
3 x Bungees	
3 x Tent Pegs	
1 x { Spoon, Travel Mug, Lighter }	
1 x Warm Fleece, Hoodie or Jumper	
Baby Wipes	
Food (Sandwiches, Snacks)	



KIT LIST

DO NOT BRING	
Any Electrical Equipment (e.g. mobile phones, digital cameras, iPod's, etc.)	
Jewellery	
Cash	

WHAT TO WEAR
Tracksuit (old)
Hiking Boots / Runners (old with laces)
T-Shirt

OPTIONAL	