

## Equipment List

- Watch
- Torch and spare battery
- Whistle
- Notebook and pencil
- Spare jumper/sweater
- Waterproof jacket/coat
- Water bottle
- Hat and gloves
- Waterproof trousers (if appropriate)
- Large Rucksack
- Strong, large plastic bags
- Sleeping mat
- Sleeping bag
- Knife, fork and spoon
- Plate/Bowl
- Mug
- Soap and Towel (small)
- Toothbrush and toothpaste
- Toilet paper
- Boots (or suitable footwear)
- Socks (not nylon)
- 2 shirts
- Sweater
- Trousers (not jeans)
- Underwear
- Trainers (optional)
- Sun hat and sun cream
- Matches (sealed in a dry container)
- Soap pads or sponge with abrasive pad
- Washing up liquid
- Tea towel
- Food (as individual group menus)
- Pack of cards (optional)
- Plastic bags (for rubbish etc)

Students will be issued a tent, stove, map and compass, first aid kits and survival blankets