

Kit list for training weekend

- Walking boots
- Walking socks
- Trainers to wear around camp
- Change of clothes for next day
- Clothing suitable for the outdoors (no jeans or denim)
- T shirt (base layer)
- Warm jumper or fleece (mid layer)
- Windproof jacket (top layer)
- Waterproof jacket and trousers
- Warm hat and gloves
- Notebook and pencil
- Sleeping bag
- Overnight clothes, pj's or onesie
- Small day rucksack including:
 - Spare jumper
 - Packed lunch (both days)
 - Water bottle
 - Drinks
 - Snacks
 - Small personal first aid kit (plasters, antiseptic wipes, blister pads)
 - Any personal medication (inhaler, epi-pen etc.)
- You will also need to bring:
 - Food suitable for cooking on a portable stove e.g. pasta and sauce for the evening meal
 - Bowl or plate and cutlery
 - Trainers (for indoor use)
- You can also bring any personal equipment to check for suitability for the expedition