



Standard Kit List

This list is the minimum equipment required. Please ensure that you pack your own bags so that you are confident that a) you have everything and b) you know how to use it.

Hill walking Equipment:

Rucksack for day gear (25-35 litres)
Stout, waterproof walking boots
Warm socks
Warm trousers (loose fitting, not jeans)
T-Shirt (not cotton, preferably wicking fabric)
Jumper
Warm jacket or fleece
Waterproof jacket
Waterproof trousers
Warm hat
Warm gloves

Items for rucksack whilst on the Hills (in sturdy rucksack liner not a bin bag):

Spare jumper
Spare gloves
Spare walking socks
Emergency food (Mars bars, chocolate, etc)
Personal first-aid kit (to include any medication required)
Whistle
Survival bag
Lunch box
Pencil and paper
Water bottle /flask
Torch and spare battery and bulb
Compass
Spending money

Weekend Kit, which can be left on site:

Tent (if advised it's a camping weekend)
Sleeping bag
Sleeping mat
Spare clothes
Knife, fork, spoon, mug, plate, bowl
Wash kit and towel

Scout shirt and tie/scarf or CMC polo neck shirt (to be worn on journey)

All care and attention will be taken to protect personal possessions and members should note that kit is not covered by trip insurance. It is up to individuals to look after their own equipment.

Please contact the trip organiser if you have any queries regarding what suitable items of equipment or clothing to purchase before the trip.