

## Kit List

This list is a basis of what you'll find useful, if you want to bring more or less that's absolutely fine. The below items will make your weekend more comfortable and should the weather be unkind will make you better prepared.

- Sleeping bag 3/4 season (basically the thicker the better but failing that wear more layers in bed)
- Pillow
- Foam mat, Therma-rest or similar (aerobics mat is perfect)
- Rucksack/bag (ideally big enough to fit all your gear in)
- Torch (head torch is ideal but not essential)
- Thermal t-shirt and trousers (if you don't have thermals bring more t-shirts so you can layer them up if you need to)
- Fleece/s (or warm jumpers)
- Outdoor trousers or army/cargo trousers (avoid jeans if possible)
- Pair of thick socks (at least 2 pairs)
- Waterproof jacket and trousers (if possible)
- Tough shoes or boots
- Ear plugs if you're a light sleeper
- Hat & gloves
- Notebook
- Pen/pencil
- Mug
- Plate & bowl
- Cutlery
- Any medication that you may need
- The rest you can make up.....wash kit, underwear, etc, etc!

If you don't have something on the list can I suggest that you borrow what you can, if you think that it's useful to have after the weekend then by all means go and buy new gear. Information over the weekend will happily be shared so you know what is good or not good to buy (if you don't know already).