

CLOTHING

High neck with
hood

Warm fleece



Waterproof
Not
showerproof

WATERPROOF TROUSERS AND LEGGINGS



Waterproof trousers go over top of normal trousers

NO JEANS



- T-Shirt



- Fleece



WALKING BOOTS OR OLD TRAINERS



WALKING SOCKS





Good quality walking socks

TREATMENT FOR BLISTERS DO NOT BUY A CHEAP IMITATION OF THE COMPEED



PERSONAL HYGIENE



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SHAMPOO
&CONDITIONER
SACHET



Warm nightwear

pyjamas/onesie





Protection from the sun



Sunstroke
Heat exhaustion
Dehydration
Skin cancer

ALL OTHER EQUIPMENT



Individually Create a list of **all** equipment that you will require for the expedition

Print off the list and place in your folder. A copy of this will go to the assessor.

N.B For food items just state 'food' as you have a separate menu for this. There should be a equipment list for every walking group participant in your folder.