



GEAR FOR A DAY WALK

- **PERSONAL EQUIPMENT**

- Rucksack
- Rucksack liner (*please ensure ALL gear is waterproofed*)
- Walking Boots
- Waterproof jacket and bottoms
- 1 set of gear to walk in - shorts, long trousers with layers on top
- 1 complete change of clothes (no denim or leather)
- 1 pair of thick socks
- 1 fleece or 1 sweatshirt
- Warm hat and gloves
- Sun hat
- Sun block
- Sun hat and sunglasses
- Water bottle
- Map and Compass
- Bivvy Bag
- Torch and spare batteries
- Emergency Rations (*Nuts/chocolate/cup-a-soup etc*)
- First Aid Kit and any personal medication (*for personal use*)
- Sun screen and mosquito repellent (depending on the time of year)
- Camera
- Spare plastic bags (*For extra waterproofing and bin bags*)
- Mosquito net head covering or nylon polyester scarf

- **FOOD**

- All expedition equipment should be provided by the participant