

## **GEAR LIST – BLUFF Hill walk to Stirling Point**

Bring some food to eat in the van before we go walking.

Snack Food for while walking - Scroggin. Energy food, eg nuts, dried fruit, chocolate etc

Drink bottle / camelback

Waterproof Jacket

Fleece Outer layer

Thermal top and bottom

Shorts

Beanie (any warm hat)

Warm gloves

Broken in Tramping Boots (with ankle support)

Headtorch (spare batteries – optional)

Insect repellent / sunscreen

Personal sanitary / hygiene items

Personal First Aid kit including any medication needed

Pack

Pack Liner / rubbish bags