

Outdoor Climbing	Kayaking	Bushcraft
Day Pack	Day Pack	Day Pack
Personal Medication	Personal Medication	Personal Medication
Lunch and food for the day	Lunch and food for the day	Lunch and food for the day
Drink Bottle	Drink Bottle	Drink Bottle
Fleece or Woolen Jersey	Fleece or Woolen Jersey	Fleece or Woolen Jersey
Waterproof Jacket	Windproof Jacket	Waterproof Jacket
Practical outdoor clothing suitable for climbing (including long loose trousers)		
	NO COTTON GARMENTS – polyprops, wool, or similar	NO COTTON GARMENTS – polyprops, wool, or similar
	Thermal top	Thermal top
	Thermal pants	Thermal pants
		Shorts
Sun/Warm Hat		Sun/Warm Hat
Practical Footwear	Closed toe footwear must be worn at all times	Practical Footwear for Walking
	Complete change of warm clothing	Complete change of warm clothing
	Towel	