

Training Weekend Kit List 01/02/2016

Got it	Packed it	Item needed
		1 pair walking boots (broken in)
		1 pair of Wellies - optional
		2 pairs walking socks
		2 pairs sock liners (optional)
		1-2 t-shirts
		2 fleece tops or similar
		2 walking trousers
		1 set of casual clothes for the Saturday night
		Underwear
		Nightwear
		House Shoes (no novelty slippers please)
		Warm hat &/or sunhat (as appropriate)
		1 pair gloves (if appropriate)
		Waterproof over-trousers
		Cagoule/coat (waterproof & windproof)
		Warm outdoor coat
		Notebook & pen/pencil
		Watch
		Torch (head torch)
		Spare batteries & bulb for torch
		Camera (optional)
		Wash kit/personal hygiene items
		Shower Towel
		Day sack
		Drink Bottle or Hydration bag