



KIT LIST

Recommended by Reach

PERSONAL

- Trousers x 2
- T-shirts that are wicking x 2
- Socks x 2 (thick warm socks)
- Sunglasses
- Waterproof Trousers
- Gloves (warm and for on water)
- Warm hat
- Waterproof Jacket
- Warm fleece layer x 2
- Underwear
- Jumper x 1
- Sunhat
- 2 litre water bottle
- 3 Season sleeping bag
- Torch & spare batteries
- Cutlery – plastic
- Wash up kit – sponge and fairy liquid
- Watch
- Sun Cream
- Toiletries
- Plate or bowl
- Food
- Spare loo roll – x1 roll for group
- Trainers/ Wetsuits and comfy camp shoes

GROUP KIT

- Stoves (one per tent group minimum) and matches, with gas or meths. Meths to be stored in DofE approved safety bottles
- Tents (2 or 3 person)
- Comprehensive First aid kit
- Survival bag
- Group shelter
- Sleeping Mat
- Antibacterial hand gel
- Emergency phone and spare change
- Pots & Pans
- Contact details of supervisor
- Dry bags (60 l min) (provided by Reach Outdoors)

Maps – 1:25000

Reach Outdoors provide you with neoprene socks, cags, helmets, kayaks, paddles, dry bags, wetsuit if requested.

Remember to discuss and arrange bringing things as a group, ie, you don't need 4 tubes of tooth paste, 4 hairbrushes, 4 suncreams Etc