

2023

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| Item | Already have? | Borrow? | Buy? |
| **Clothing** |
| Walking boots (broken in) |  | See Ms Dixon if need |  |
| Walking socks x3 pairs |  |  |  |
| Socks for evening x2 pairs |  |  |  |
| Waterproof & windproof jacket |  | See Ms Dixon if need |  |
| Waterproof overtrousers |  | See Ms Dixon if need |  |
| Fleece tops or similar x2 |  |  |  |
| T-shirts/base layers x3 |  |  |  |
| Walking trousers/leggings x1 or 2 |  |  |  |
| Underwear |  |  |  |
| Pyjamas |  |  |  |
| Warm gloves |  |  |  |
| Wooley hat |  |  |  |
| Flip flops/sliders/trainers for camp (optional) |  |  |  |
| Spare boot laces (optional) |  |  |  |
| **Personal kit** |
| Rucksack (65L approx.) |  | See Ms Dixon if need  |  |
| Rucksack liner (or 2 strong plastic bags) |  |  |  |
| Sleeping bag |  | See Ms Dixon if need  |  |
| Sleeping mat |  | See Ms Dixon if need  |  |
| Torch/headtorch & batteries |  |  |  |
| Camping pillow (optional) |  |  |  |
| Personal first aid kit (inc. bug bite product) |  |  |  |
| Insect repellent (depending on weather) |  |  |  |
| Food |  |  |  |
| Water bottle |  | See Ms Dixon if need  |  |
| Plate/bowl/mug |  | See Ms Dixon if need  |  |
| Cutlery |  | See Ms Dixon if need  |  |
| Wrist watch |  |  |  |
| Towel (Silver/Gold only, microfibre towel ideally) |  |  |  |
| Toiletries/personal hygiene items (some could be shared as a group) |  |  |  |
| **Group kit** |
| Tent |  | GOTC will provide |  |
| Camping stove (Trangia) |  | GOTC will provide |  |
| Camping stove fuel |  | GOTC will provide |  |
| Compass |  | GOTC will provide |  |
| Maps |  | GOTC will provide |  |
| Box of matches (in waterproof container) |  |  |  |
| Scourers |  |  |  |
| Tea towels |  |  |  |
| Tin opener (if required) |  |  |  |
| Plastic bags (for rubbish/wet kit) |  |  |  |
| Emergency toilet paper\* |  |  |  |
| Gaffer/duct tape (for emergency repairs) |  |  |  |

*\* there are toilets and showers at both campsites but in case you need a ‘wild wee’ whilst walking, you may want to bring a small personal supply of toilet paper with you.*