



1 Day & Night Programme Gear List

Listed below are the basic essentials you will need for your day. The weather is very changeable so it is important you bring lots of warm clothing, and layers are advisable; warm polypropylene and fleece clothing (**no cotton**).

Please bring as much of your own gear as possible. Name all your clothing and equipment. All clothing/gear may get wet and dirty depending on the weather conditions.

Compulsory Gear - minimum quantities required:

- Day pack (backpack with two shoulder straps to fit everything but your overnight gear into)
- Pack liner/rubbish bag/dry bag
- Thermal tops (wool/polypro)
- Thermal pants (wool/polypro)
- Raincoat** (seam sealed with hood)
- Rain pants** (seam sealed)
- Wool/fleece jersey**
- Fleece pants**
- Quick drying t-shirt
- Quick drying shorts (minimum length mid-thigh)
- Beanie/balaclava** (wool/polyester/fleece)
- Gloves** (wool/polyester)
- Sturdy closed toe shoes with good tread or **hiking boots**
- Long thick socks (wool/polypro)
- Sunglasses
- Sunhat
- Sunscreen
- Head/hand torch & batteries
- 1+ litre drink bottle x2
- Personal medication (if required)
- Lunch
- Spare change of clothes (for after the programme)
- Sleeping bag**
- Single fitted sheet & pillow
- Toiletries

Optional Gear:

- Watch
- Camera
- Buff (sun and wind protection)
- Personal first aid kit, plasters, strapping tape

Items listed in **red bold** text, can be borrowed from Hillary Outdoors.