

YEAR 13 MOUNTAIN TRIP – GEAR LIST

Keep this list and check off each item as you pack. **Gear in BOLD must be at the top of your pack as this will be checked by staff.** Conditions can be very cold and changeable in this area. For your safety, the below mentioned gear requirements are essential.

TRAVEL AND LODGE

OUTDOORS

Sleeping bag	<input type="checkbox"/>	Polar fleece	<input type="checkbox"/>
Pillow Case	<input type="checkbox"/>	Polypropylene/polar fleece “Long Johns”	<input type="checkbox"/>
Socks – preferably thick	<input type="checkbox"/>	Shorts (above the knee for walking)	<input type="checkbox"/>
Underwear	<input type="checkbox"/>	Polypropylene/Polar fleece singlets /shirts (2-3)	<input type="checkbox"/>
Long trousers (tracksuit)	<input type="checkbox"/>	Sun Hat	<input type="checkbox"/>
T-shirts and shorts	<input type="checkbox"/>	Woollen/Polar fleece Hat/Beanie	<input type="checkbox"/>
Jersey/Polar fleece	<input type="checkbox"/>	Socks (woollen, 4 changes)	<input type="checkbox"/>
Towel	<input type="checkbox"/>	Gloves	<input type="checkbox"/>
Soap/toothbrush/shaving gear	<input type="checkbox"/>	Sturdy footwear/tramping boots (NOT moulded foam soled runners)	<input type="checkbox"/>
Personal first aid	<input type="checkbox"/>	Waterproof storm jacket	<input type="checkbox"/>
Comfortable shoes	<input type="checkbox"/>	Plastic bags for keeping gear dry	<input type="checkbox"/>
Torch (with spare batteries)	<input type="checkbox"/>	Large water bottle	<input type="checkbox"/>
Camera (optional)	<input type="checkbox"/>	Sunglasses	<input type="checkbox"/>
Playing cards/book (optional)	<input type="checkbox"/>	Snacks/barley sugars/energy bars	<input type="checkbox"/>
		Day pack (to hold lunch/hat/gloves/jacket etc.)	<input type="checkbox"/>
		Old long sleeve T-Shirt/Top and Track pants (will get muddy)	<input type="checkbox"/>
		Old sports shoes	<input type="checkbox"/>

- You should have most items on the list. If not, borrow them from family and friends.
- Ensure that you have plenty of energy rich snacks for walks.
- Do not turn up for camp without the essential equipment. Gear checks will be carried out by staff.
- Electronic equipment is your own responsibility. Bring at your own risk!

