




























 Essential	 Recommended	 Optional
<b>Walking Equipment</b>			
Small Back Pack			
Walking Boots/Shoes			
Warm Clothing			
First Aid Kit			
Waterproof Jacket			
Waterproof Trousers			
Emergency Food (Non – Perishable)			
Water Bottle			
Mobile Phone			
<b>Camping Equipment</b>			
Sleeping Bag & Pillow			
Roll Mat			
Plastic Bags For Dirty Clothes & Shoes			
Bowl/Plate/Mug (Not Glass Or China)			
Knife/Fork/Spoon			
Sun Cream			
Tent			
Jumper			
Warm Jacket			
T-Shirts			
Trousers			
Jeans			
Underwear			
Socks			
Hiking Socks			
Cereal			
Cordial			
Money			
Wash Kit & Towel			
Torch With Spare Batteries	