

Kit List - Multi Day Expeditions

To wear...

waterproof jacket and trousers

warm and comfortable clothing - cotton and denim is not recommended

To bring...

full change of warm clothes

boots or approach shoes suitable for rough terrain

warm hat

gloves/mittens

thermals

water bottle - with water or squash in

flask - with your choice of hot drink in

food & snacks - enough to keep you going all day

map and map case

compass

whistle

first aid kit – plasters, 2 x bandage, triangular bandage,

sun cream/sun hat

camera

To put it in....

55 - 70 litre rucksack

a small waterproof bag for mobile/valuables

w: www.real-adventure.co.uk

e: dan@real-adventure.co.uk

m: +44 (0) 7816 870 756

t: +44 (0) 1539 723 669

