|  |  |
| --- | --- |
| CLOTHING – No uniform items to be worn including Greens |  |
| Trousers – ideally lightweight quick drying | No Jeans or Shell Suits |
| Tee Shirts / base layer | No offensive designs |
| Fleece or other lightweight warm layer |  |
| Socks | Woollen walking socks |
| Boots | Worn in walking boots **NO trainers** |
| Gaiters (optional) | Personal preference. |
| Waterproof Jacket with hood | Essential |
| Waterproof Trousers | Essential |
| Hat (can be silly) & Gloves | Warm hat for winter/ Peaked cap for summer These are essential |
|  |  |
| EQUIPMENT |  |
| Rucksack – including liner – waterproof bag such as a garden sack or rucksack liner | 20-30 ltrs for day walk  65ltr for expeditions |
| Survival Bag or space blanket | Adult sized orange plastic sack |
| Emergency Rations | Chocolate, nuts, etc |
| Whistle |  |
| Notepad & Pencil |  |
| Water bottle / bladder | 1 litre minimum |
|  |  |
| Sun Screen |  |
| Small Personal First Aid Kit | Blister pads, plasters, bandage |
| Compass | Squadron may provide but bring if available |
| OS Map | Squadron may provide but bring if available |
| Map Case | Squadron may provide but bring if available |
| Walking Poles (optional) |  |

**Please Note:** Uniform is not to be worn.

**The squadron does have some items of clothing that can be borrowed, including some trousers, warm layers and a couple of waterproof jackets and trousers. First come, first served. Must be returned clean and in the same condition as received.**

**IF YOU HAVE ANY KIT QUESTIONS OR PROBLEMS – PLEASE ADVISE STAFF**

**PRIOR TO EVENT.**