

# Kit List

Wet weather gear: jacket and leggings, hat if no hood on jacket

Boating gear; boating shoes, togs, wet suit, cagoule, life jacket

Hiking boots, (gaiters optional) trousers not jeans

Sleeping bag, groundmat (pillowcase optional)

Bivvy bag, Rucsac, Day pack

Full uniform

Spare jumpers (preferably fleece) spare trousers, spare trainers

Shorts, T shirts, underwear, socks

Wash bag, towel, medications if used, sun cream, insect repellent

Water bottle

Personal first aid kit

Torch, spare batteries and bulb, whistle, pen knife

Cutlery, plate, bowl, cup, tea towel

You must be able to carry everything you bring yourself; you must also pack your bag yourself.

**Grass is often wet, be sure and bring extra trainers if yours aren't waterproof. Bring more changes of clothes than you think you will need**