**KIT LIST**

**REQUIRED/ESSENTIALS ✍**

Complete set of spare clothes (suitable for outdoor use)

Warm jumper/hoodie, hat & gloves

Sturdy footwear/Wellington boots

Suitable clothing/footwear for potential paddle boarding

Waterproof jacket & Trousers

Toiletries/Wash kit/Towel

KFS (Knife, Fork, Spoon) & mug

Water bottle

Sleeping bag for appropriate season (time of year)

Torch

Insect repellent

Personal medication

Snacks (evening meal, Lunch and breakfasts supplied)

Bin bag for wet clothes

Sense of humour

**DESIRABLES**

Sleeping mat/Yoga mat/Roll mat

Plate

Camping chair

Camp bed

Spare footwear

Rucksack

**NB:** Equipment not used can be left in your vehicle