



# MULTI-DAY KIT LIST

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## **THIS IS ONLY A GUIDE AND THE BARE MINIMUM**

- Boots, wool socks
- Fast drying 'outdoor clothing'
- Waterproofs
- Warm layer
- Work gloves
- Personal first aid kit (if you have one)
- Cap, sun cream, insect repellent, wet wipes
- Food/snacks for each day
- 2 Litres of water
- Spare clothes for each day including socks
- Sleeping bag, roll mat
- Wash kit
- Knife fork spoon
- Bowl and mug
- Lighter
- Toilet paper
- Head torch and spare batteries
- And a bag to put it all in!