



# SINGLE 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
- Lunch/snacks
- Camping mug
- 2 Litres of water
- Bag to put it all in