

**Walking Clothes - EACH individual must wear (minimum)**

Base wicking layer  
Mid layer - microfleece  
Trousers  
Socks  
Boots (with ankle support)

**Waterproofs = EACH INDIVIDUAL MUST CARRY**

Jacket with hood  
Over trousers  
Gaiters  
Gloves/Mittens (preferably waterproof)

**Spare Clothing (in waterproof bag)= EACH INDIVIDUAL MUST CARRY**

Base wicking layer  
Base wicking layer (second spare)  
Mid layer - microfleece  
Static insulation layer substantial fleece/ softshell  
Trousers  
Socks - pair of  
Socks - pair of (second spare pair)  
Sun hat  
Wooly Hat (must cover ears) - (reommended to have 2)  
Gloves/mittens

**Sleeping = EACH INDIVIDUAL MUST CARRY**

Sleeping mat - kept in a waterproof bag  
Sleeping bag - conforming to EN23537 or EN13537 LOWER LIMIT -2 OR LESS - MUST BE KEPT IN A WATERPROOF BAG

**Survival Essentials - EACH INDIVIDUAL MUST CARRY**

OL28 ACTIVE Map (RBNAs, Road and River crossings, Route - all marked)  
Pink Card (in a waterproof bag)  
Suitable compass  
Watch  
Whistle  
Pers. first aid kit (pers. meds, blister kit, pain pills etc)  
Head Torch (working)  
Notebook & pencil  
Survival bag (orange)  
Hi Viz Jacket  
Toilet paper (in waterproof bag)  
Matches/lighter (in waterproof bag)

**Food & Water = EACH INDIVIDUAL MUST CARRY**

Suitable packed lunch (labelled Day 1)  
Suitable packed lunch (labelled Day 2)  
Suitable water management containers (2 litres)  
Water sterilisation (in date) - several  
Suitable emergency rations (high energy food - in a sealed bag, clearly labelled)  
Second suitable packed lunch (2-day walks only)  
Hot evening main meal  
Hot pudding  
Hot breakfast  
Hot drinks  
Eating container, utensils, mug  
Rubbish bag