

KIT LIST



Walking boots or strong shoes

We will be outside for most of the weekend so you will need walking boots. Also bring some inside shoes / slippers / crocs.

Sitter

You'll need to bring something small and foldable to sit on outside. This could be as simple as a plastic bag or it could be a small garden kneeler or small piece of foam. Just something to keep the wet and cold away when we sit.

Socks

Thick socks will keep your feet warm. Proper walking socks are designed to give more padding, wick away sweat and prevent blisters. Although two pairs of thin socks are a surprisingly good alternative.

Waterproofs

Not that it's going to rain, but we need to be prepared. It's essential that you take a waterproof coat. A Kagool will be sufficient as long as it's waterproof and you take a good base and mid layer (see below). Waterproof trousers should be part of your kit. A reasonably cheap pair will work very well.

Base Layer

This is a layer that goes next to your skin, such as a vest or t-shirt. Don't forget your bottom half too. Leggings make great under trousers.

Mid Layer

This would be a fleece or jumper. It's good to have both a thick and thin fleece so you can better regulate your temperature. A windstopper jacket with a fleece underneath makes a great mid layer combo. If using a thin waterproof like a kagool the mid layer needs to really hold your body heat. For trousers, anything that's lightweight, comfortable and will dry easily, but avoid jeans, they're awful when wet!

Hat, scarf/buff and gloves

Hats, scarfs and gloves don't take much carrying but make a world of difference to your comfort.

Medicines

Make sure you bring any medicines you might need.



■ **Water bottles**

Please bring a water bottle.

■ **Wash kit**

Toothbrush, flannel etc

■ **Indoor Clothes**

For the evening

■ **Bedding and Towels**

All bedding and towels are provided

If you have any questions at all, please get in touch.