



# Kit List for Day Courses



## What you need to Bring

- Packed Lunch and Snacks
- Notebook, Pen/Pencil
- Camera
- Gardening type gloves for shelter building
- Whistle
- Mug
- Water Bottle 1 Liter
- Tea, Coffee or Hot Drink Mix
- Sugar
- Powdered Milk
- Suitable Outdoor Clothing for Season
  - Waterproofs
  - Trousers - No Jeans (shorts not recommended)
  - Walking Boots or Wellington Boots (No Trainers)
  - Change of clothing
  - Woolly hat or cap
  - Several underlayers (T shirt, Sweatshirt, Fleece) are better than one thick layer
- Change of Clothing/Footwear (for travelling home)
- Towels, washcloths
- Personal Medication, Aspirin, ibuprofen
- Antibacterial wipes and hand sanitizer
- Personal First Aid Kit, plasters etc.
- Sunscreen
- Bug spray/wipes/Sting treatment
- Feminine products as required
- Small Rucksack/Hold All

Do Not Bring Axes, Saws or Knives over 75mm blade length

Alcohol is not permitted on ANY of our courses