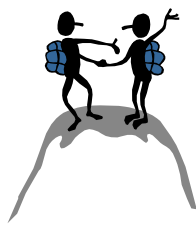


RECOMMENDED EQUIPMENT & CLOTHING FOR DAY TRIPS

INDIVIDUAL EQUIPMENT

- Water bottle [minimum 1 litre]
- Compass [optional] and whistle
- Personal First aid kit [small]
- 1 Plastic garbage bags for waterproofing pack contents
- 1 Plastic tarp to sit on or shelter under
- Sun glasses and sunburn cream
- Waterproof jacket & over pants [eg. Gore-Tex/japara] –not bib & brace, not leather
- Warm trousers [*not jeans or cotton*]
- Long underwear/thermal underwear
- A spare jumper/outer layer – *wool or polypropylene/fibre pile – and/or wool/flannelette shirts*
- Beanie
- Fleece or similar warm gloves
- Mitts as protective over-gloves
- Warm socks – 2 pairs
- Light day pack
- Change of warm dry clothing must consist of socks, unders, warm shirt, jumper and pants, shoes. [to be left in the cars] Have this prepacked in a shopping bag, which is clearly labelled.



GROUP EQUIPMENT

It is recommended that the leaders carry the following equipment as a safety precaution.

- Good sleeping bag rated minus 5 degrees Celsius or better – *with hood, zip, flap, down/hollow fibre filling (ideally not sewn through) and an inner sheet*
- Reliable cooking device and fuel, billy set
- Good rucksack – maximum weight loaded 15 kgs.
- Shovel, hand trowel – to dig in dirt and snow.
- Personal first aid kit

Patrols – equipment to be shared over the group.

- Toilet paper. [full roll per group not necessary]
- Closed-cell foam mat and Plastic groundsheet for sitting on

