

Remember, synthetic is the best clothing to wear. Cotton hoodies and sweatpants will absorb the water and keep you cold. Avoid cotton and go with synthetic clothing.

### Clothing & Sleeping bag

Item	Check
Sleeping Bag: 3-4 Season	
Rain Jacket	
Rain Pants	
Thermal: Long sleeved top and long johns.	
Fleece	
Warm top, jumper, jacket.	
T-shirts	
Socks x2 pairs	
Hat & Gloves	
Crocs for camp (not necessary but useful)	

### Important Items

Item	Check
Cutlery and Bowl	
Head or hand torch	
Water Bottle (2x 1Litre)	
Medication: If needed. Please inform guides.	

### Food

Item	Check
Lunch for day one.	
Nuts, dried fruit, snickers, etc.	