

## Kit List for May Walking Camp

Foam roll / air bed

Sleeping bag

Soap, toothbrush and paste

Towel

Jacket / waterproof coat and trousers

Jumper / t-shirts / shirts – **it can get very cold**

Trousers / shorts

Changes of underwear

Change of footwear

Watch

Night attire – **must be warm**

Plate, dish and mug

Knife, fork and spoon

Torch

Walking boots

Walking socks

Daysack

Sun Protection Cream

Tea towel

**Packed lunch for Saturday, including drinks**