

**SUPPLIED TO THE GROUP
NON-CONSUMABLE**

COOKER SET, METHS, CLEANING CLOTH , DRYING CLOTH, BOX MATCHES(or LIGHTER), TEALITE CANDLES, TENT (if not caving), KNIFE, SPOONS, BOWLS, MUGS.

**SUPPLIED TO THE GROUP
CONSUMABLE**

INSTANT SOUP, BREAD, MARGARINE , JAM , PEANUT BUTTER, TEABAGS, COFFEE, MILK POWDER, SUGAR, OATSO EASY, SALT, SMASH, PASTA AND SAUCE, TOILET ROLL.

SUPPLIED TO THE INDIVIDUAL

BACKPACK, SLEEPING BAG (and waterproof cover), SLEEPING MAT (and waterproof cover)

NEEDED BY THE INDIVIDUAL

PAIR GOOD WALKING SHOES	PAIR SLOPS/CROCS/SANDALS	2X PAIRS SOCKS
HAT/CAP/BEANIE	COSTUME/TOWEL	SUNBLOCK/ OWN TOILETRIES
RAINCOAT/PONCHO	COMFORTABLE LAYERED CLOTHING	TRACKSUIT
WATER BOTTLE	TORCH (WITH SPARE BATTERIES)	CAMERA,COMPASS, GPS

TIPS FOR HIKING

CLOTHING

As this a two-night hike only, clothing can be reduced to the minimum(should all fit into a shopping bag!)

- A good pair of boots (or trainers) and two pairs of socks (woollen)
- A pair of croc-type sandals (ideal in wet weather)
- A raincoat (or poncho)
- A couple of pairs of shorts (board shorts are ideal)
- A couple of light-coloured T-shirts (or similar)
- A fleecy tracksuit (rather than jeans and a jersey)

SNACKS AND DRINKS

Although you will be provided with the ingredients (and the means for cooking) your meals, you can bring along your own snacks: sweets, chocolates, fudge, energy bars biscuits, peanuts, raisins, etc.

OTHER

Your own water bottle (Energade 500ml is ideal), medication, sunblock, camera, cellphone , etc

PACKING YOUR BACKPACK

Begin by putting your sleeping bag into the bottom section of your bag. Ensure that it stays inside the waterproof cover provided. Your backpack can now be packed with your clothing, your share of your team's food, cooking set, cutlery and crockery. A good idea is to pack everything into plastic bags.

Remember to keep essential items like sunblock, snacks, rain suit and water bottle in easy to reach side pockets. Ensure that there are no sharp or uncomfortable items against your back or against the material of your backpack.

Finally, place your rolled-up sleeping mat (in its waterproof cover) under the main flap of your backpack.

Adjust the backpack so that it sits high, close to the shoulders. Ensure that the waistband is tight and sitting on your hips. There should be little weight actually pushing down on your shoulders.