

KIT LIST

TRAINING WEEKEND KIT LIST

For places to buy kit, we have useful links on our website:

<https://warwick.ac.uk/sunion/dofesoc/sections/expeditions/kitlist/wheretobuy/>

Walking Boots A pair of proper walking boots (not trainers) are required, with proper ankle support. Make sure that they are the correct size and comfortable after being 'broken in'. Good boots are ideally waterproof, which should reduce the chance of blisters



You will not be allowed to walk if you do not have proper walking boots, please ask if you need some advice

Waterproof Jacket You need a decent waterproof coat with a hood




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Waterproof Trousers Similar material to a jacket to go over your regular trousers

(Optional) - Gaiters These go over your shoes to keep them dry

Sleeping Bag 3-season sleeping bag

(Optional) - Sleeping Bag Liner	These go inside your sleeping bag and keep you warmer
Roll Mat	Standard roll mat (because no bunk beds where we're staying)
Day Sack	You will need a rucksack that is capable of carrying a small amount of gear for day walks. We would recommend something around 25 to 30 litres in size. This must be able to carry your lunch, water, waterproofs and personal first aid kit. Ideally it should be padded for walking with a waist strap
Lightweight Walking Trousers	Must have suitable walking trousers. You will not be allowed to walk in Jeans 
Lightweight T-shirts	Ideally synthetic/merino wool, but cotton is acceptable
Fleeces or jumpers	Ideally a fleece or warm jumper, which are better than hoodies for walking. You need the equivalent of 2 fleeces
Warm Hat	You must bring this (bobbles are optional)
Warm Gloves	You must bring this. Thicker gloves are better, water-resistant gloves are ideal
Thin and thick walking socks	Should have padding for hiking boots. Optional to wear under-socks (liners), at the very least have a pair of thick socks
1.5 litres of Water Bottle(s)	You need to carry at least 1.5L of water
Personal wash kit	Toothbrush, toothpaste, shower gel, shampoo, travel towel, etc.
Personal First Aid Kit	Bring any medication you might need, plus standard first aid kit bandages, plasters, blister plasters etc.
Torch	Ideally a head torch. Can remove batteries for journey to save charge

Waterproof bags	To waterproof your kit when walking
Casual clothes	Bring casual clothes to wear at the bunkhouse and pub. We understand you may not want to stay in walking clothes the whole weekend, no one wants to smell like a skunk in the pub!
Food	Breakfast and lunch for both Saturday and Sunday. Plus snacks for walking
Camera	Optional
Music player	Optional, however we don't just want to listen to the radio on the bus!
