**One Day Kit List**

**Clothing** – suitable for the season, for the colder months several thin layers are better than one thick layer, when you are working, warm fleece for rest times.

**Waterproof jacket and trousers.**

**Hat** – warm for colder months and sleeping, sun hat for warmer months.

**Gloves** – consider gardening gloves for when collecting natural materials.

**Hiking boots** – old pair suitable, not your best Gore Tex.

**Water bottle and mug** - minimum 1 litre.

**Knife, fork, spoon, small bowl, or mess tin.**

**Torch and spare batteries** – head torch ideal, just in case of emergencies with the possibility of being benighted.

**Whistle** – for signalling.

**Personal hygiene kit** –anti-bacterial handwash/wipes.

**Personal first aid kit** – small.

**Personal medication** – example epi pen, ventolin etc.

**Refuse sacks x 2** – for personal rubbish, and your dirty clothing, boots for your return journey home.

**Snacks** – a few of your favourite.

**Rucksack** – 30–45 litre to carry you kit.

**For your return journey home, a full change of clothing and spare footwear.**