**Weekend Kit List**

**Small First Aid Kit**

Should include Scissors, Tweezers, Adhesive dressings or a Plaster strip, antiseptic wipes and cream, Aspirin or Paracetamol, and any prescription medicines you normally use. (Please let us know if you are taking any Medicines or Drugs).

**Wash Kit**

Toothbrush, Toothpaste, Towel.

**Clothing**

Remember this is Wales; and it can get cold at night even in Summer, so bring plenty of warm clothing. This is a basic clothing list, but please do not bring your £300 brand new Gore-Tex Jacket, we recommend that you bring old clothing as they are likely to get dirty and possibly damaged. Bargains can be had in Army Surplus stores and Charity shops.

* 1 waterproof/ windproof Coat or Jacket with Hood.
* 1 pair of waterproof Trousers.
* 2 pairs thick warm Socks.
* 2 pairs thin Socks.
* 1 wool/fleece Hat.
* 1 fleece Jacket or warm wool Pullover.
* 1 long sleeve top/ sweatshirt/or shirt.
* 2 x Tee shirts/or thermal tops.
* 1 pair long trousers (not Jeans) Army Combats are perfect.
* 1 pair hiking boots, or strong shoes. (not trainers).
* Spare underwear.
* 1 pair warm Gloves or Mitts.

**You should also bring a full change of clothing for the Journey home.**

**Additional Equipment**

* Two large plastic bags (bin-bags are perfect).
* 1 litre water bottle.
* 1 Metal mug. (military type ideal)
* Ruc-sac 40-50litre capacity.
* Waterproof rucksack liner.

All other kit requirements supplied by Mountain and River Activities Ltd.