

Kit to be carried in a rucksack:
Food (include food like mars bars with lots of energy in them)
Drink
Waterproof coat & trousers (pack so that you can get to these quickly)
Torch (even in the daytime, as the weather can change and in heavy rain you could need your torch on)
Small personal first aid kit (plasters, sling, bandage, money for phone box)
Spare socks
If you don't wear a sweatshirt, bring one.
Warm hat & gloves
A whistle is to be worn, but must only be used in an emergency
You will need reflectors or reflective strips on your rucksack
You will also need to wear reflective ankle bands. You will be loaned a reflective jacket which is to be always worn during hiking.
All activities will be run in accordance with the Scout Association Safety Rules. No responsibility for personal equipment, clothing and effects can be accepted by the Leaders, and the Scout Association does not provide automatic insurance cover in respect of such items.