



STUDENT KIT LIST

Essential Items:
• A day pack
• Plastic bag to use as waterproof liner in day pack.
• Any personal medication
• Polypropylene top
• Polypropylene long johns or fleece trousers
• Fleece or woollen jerseys x 2
• Woollen or polypropylene hat
• Waterproof parka with hood
• Shorts x 2
• Long trousers/Track pants x 2
• T shirts x 5
• Towel
• Underclothes
• Sun glasses/ Sunhat
• Socks - woollen or polypropylene x 3
• Sturdy walking shoes
• Sleeping bag & pillow
• Torch & Batteries
• Sun block
• Drink bottle
• Toiletries
• Gumboots
• Pyjamas
Optional Items:
• Waterproof over trousers
• Snacks
• Camera
• First Aid Kit, (Plasters For Blisters / strapping tape for existing injuries etc)
• Gloves
•Teddy Bear!