



Kit List: Alps25 Training Hikes

- Walking / strong boots and thick socks
- Day Rucksack (25 litre) containing the following:
- Packed Lunch for journey
- Refillable Water bottles (1 x Litre plus 1 x 500ml size)
- Lightweight **waterproof** coat
- Woolly Hat
- Sun Hat
- Sun Cream
- Torch with spare batteries
- Warm Jumper or fleece or hoodie
- Bin liner containing spare Jumper & Socks
- Waterproof trousers (optional)
- **Medication if required: tell leader what you are carrying and where to find it**