

# **Challenge/Winter/Hike Gear List**

- 4 pairs socks
- Sturdy Footwear for Hiking (no open shoes) (if you intend wearing runners bring two pairs, as I guarantee one pair will get wet)
- T-shirt (why because you will get warm after hiking a while)
- 2 changes of clothing
- 2 pairs of long pants (jeans if you want to, but if it's wet you will probably be very uncomfortable)
- 2 Jumpers or Windcheaters
- Mittens or gloves (a must for sleeping)
- Beanie (I know it help me sleep if it's cold)
- Peaked hat/cap (if it's sunny)
- Rain jacket OR poncho
- 2-3 plastic trash bags (for dirty / wet clothes)
- Sleeping bag (You may want to consider a blanket /Hot water bottle "I'll have one")
- Sleeping bag liner (optional but helps keep you warm at night)
- Sleeping Mat / Air Mattress or Stretcher
- Torch
- Chap stick & Sunscreen (you just never know)
- Soap/comb/toothbrush/toothpaste/hand towel
- Deodorant! (everyone, no exceptions)
- Full water bottle (Should be at least a litre- 1.25 soft drink bottles are an option)
- Dilly Bag containing cup/knife/fork/spoon/plate/bowl/tea towel
- Towel
- Personal First Aid Kit
- Forget the Uniform, just bring your scarf
- Ear plugs if you can't stand snoring (optional)
- Day Back Pack for hiking
- Woolly Pajamas or Track Suit pants to sleep in (It will be cold, might even snow)
- Last but not least a Hot Water Bottle (if you want, it will help you sleep if it's cold)

**Please do not bring:**

- Walkman or Discman.
- Electronic games.
- Anything valuable!
- Lollies, biscuits or any other food (we will have plenty or you will be watching the leaders eat them in front of you).
- Aerosol cans, sparklers, firelighters or matches.