

Personal Kit List – Yorkshire 3 Peaks Trip

- Rucksack (e.g. the one you used in the Overland, but a smaller one will do, minimum 30L)
- Rucksack liners (i.e. bin bags, to keep kit dry)

- Sleeping bag (the one you used for the Overland)
- Sleeping mat (optional, but recommended)

- Substantial Waterproof Jacket and Waterproof Trousers
- Walking Boots with good ankle support
- Walking socks (2 pairs for walking)
- Torch (best to be a head torch)
- Spare Batteries and bulb
- Gloves
- Warm Hat (over which a hood can be worn)
- Walking socks (at least 3 pairs)
- Base layer (synthetic quick drying material is best, e.g. polyester football shirt).
- Additional long sleeved shirt
- Walking trousers (quick drying cotton, not denim jeans)
- Fleece jacket
- Spare jumper
- Water Bottle (1litre)
- Spare water (0.25 litre, for emergencies only)
- Emergency food (e.g. boiled sweets)
- Whistle
- Pen and Paper
- ID Card (e.g. the one you had for the Overland)

- Casual clothes incl trainers to wear at base camp
- Spare long trousers
- Spare long sleeved shirt
- Spare walking socks
- Pyjamas
- Underwear
- Wash kit (with instructions for use)
- Towel (ditto)
- Plastic plate, bowl & mug
- Metal knife, fork & spoon
- Mobile phone (optional)

- Packed lunch and drink for the journey on Friday
- Pocket money, to include money for fish & chip lunch in Settle on Sunday.
(suggest maximum £10 per head)

<p>PLEASE MAKE SURE YOUR NAME IS ON EVERYTHING!</p>
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In addition to all of the above, your troop leaders will need to provide the following items:

- Tentage for all team members (will not need to be carried, so 4-man tents are ideal)
- Mixed teams MUST have separate tents.
- Waterproof map cases (one per pair of Scouts) (Maps will be supplied on arrival)
- Compasses (one per pair of Scouts)
- First Aid kits (Overland standard or better, one per pair of Scouts)
- Bivvi Bags (one per pair of Scouts) OR Bothy Bags (one per team of four Scouts)
- High Visibility Jackets (for emergencies only) (one per pair of Scouts)

Please note that all other food and cooking equipment will be provided centrally, transported by Stewart and Chris. No need for Trangias etc