

Frost and Flame Kit List

This is a large scale event so please put your name on everything.

Clothing

Waterproof Jacket	
Waterproof Overtrousers	
Insulated Jacket - must fit under your waterproof jacket	
2 Fleece	
Base layers	
T shirts	
Explorer Scarf (wear your Scarf all weekend)	
Quick dry outdoor trousers	
Underwear	
Socks	
Warm hat	
Gloves	
Buff	
Warm sleepwear	
Hike boots	
Trainers	

Wash Kit

Toothbrush	
Toothpaste	
Deoderant	
Shower kit (optional)	
Personal first aid kit	
Personal medications	
Period kit	

Meal kit

Plate and bowl	
Mug	
Knife, fork, spoon	
Tea towel	

Sleep kit

Sleeping bag	
Sleeping mat	
Inflatable pillow	
Blanket	

Other essentials

Day bag	
Head torch	
Water bottle	
Watch	
Bin bag for wet kit	
Cards / game (optional)	
Some pocket money	