

Peak District Adventure Camp Kit List

Please remember that even in the Summer, weather on mountain summits can be cold, wet and windy. We will do daily kit checks together before going up into the hills - if your leader feels you are not adequately prepared, you will not be allowed to set off.

65 litre rucksack or duffle bag		
Day backpack		
Sleeping bag, sleeping mat, inflatable pillow		
Hiking boots with ankle support (that you have broken in)		
Waterproof jacket		
Waterproof overtrousers		
Quick dry trousers or joggers suitable for hiking / climbing		
Quick dry shorts suitable for hiking / climbing		
2 x Fleece		
Long sleeve baselayer		
Wicking t-shirts		
Underwear and hiking socks		
1 x set of clothes for evenings at camp		
Golden Hind Scarf		
Headtorch with spare batteries / or charging		
Sun cream, sun hat, sunglasses		
Gloves, warm hat		
Mug, bowl, knife, fork, spoon		
Old tea towel		
Matches		
A few bin bags		
Wash kit and travel towel		
Personal medications		
Waterproof watch		
Personal first aid kit with blister plasters		
Small amount of money for ice creams etc		