

	1st aid kit + emergency	MEAL SUGGESTIONS
tent*		breakfast
rucksack* (must line with bin bag to waterproof contents)	plasters & melanin pads	porridge
walking boots (Not highlegs) +waterproofing +spare laces	zinc oxide tape and blister kits	breakfast bars - low sugar, high carb
sleeping bag*	antiseptic wipes	hot drink, eg hot choc
roll mat*	small house wife kit & scissors	lunch
gloves	bandage + triangular sling	soft cheese in tube. Meaty sandwich spread
pen and paper	whistle	fruitini
lighter/matches - waterproofed	Survival bag	noodles / soups
sun glasses	Recommended Clothing	wholemeal pitabread
map + case + compass	underwear + walking socks	No: honey; pot noodles; jelly blocks
loo roll in plastic bag	hats (sun + winter/woolly)	dinner
plastic bags	fleece (doubles as pillow)	'Wayfarer' camping meals
wash kit + razor (males) + towel	gators	Uncle Ben's express wholegrain rice pouches
sun cream	thin base layers (vest/shirts)	'Vesta' meals
torch + spare batteries +spare bulb	trousers/lightweights	snacks
knife & fork etc	jumper	dried fruit, (raisins, bananas) +peanuts
water bottle (minimum 1.5 litres)	t-shirts	small amount of chocolate
stove - e.g. Trangia* + fuel, i.e. methylated spirits for Trangia. NO PETROL STOVES. NO HEXI BURNERS!	breathable waterproofs	biscuits
proper fuel bottle*	Emergency Rations must be sealed...	custard
mess tins (Trangias have their own)	hot drink sachet or soup	
alarm clock (not on a mobile phone)	chocolate bar	
	Dried fruit, peanuts, supernoodles (carb's)	
* = may be borrowed from the sqn subject to availability		
OS Landranger 1:50,000 Maps (pink):	For Haddon Grove, DERBS:	#119 "Buxton and Matlock"
	For Edale Valley, DERBS:	#110 "Sheffield & Huddersfield"
	For Llanbedr, WALES:	#124 "Porthmadog & Dolgellau"
	For Earlswood:	#139 "Birmingham and Wolverhampton"
	For Wensleydale, YORKS:	#98 "Wensleydale & Upper Wharfedale"