

## **GEAR LIST – Motorau Hut**

Food: 1 x Breakfast, 1 x Dinner, 2 x Lunch. Plus – bring some food to eat in the van before we start tramping. Lunch on Day 2 can be a packed lunch or money to buy lunch on the way home.

Snack Food - Scroggin. Energy food, eg nuts, dried fruit, chocolate etc.

Waterproof Jacket

Woolly Fleece (under jacket)

X 2 Thermal Layers

X 2 Long Johns / warm practical pants / leggings

Shorts

Underwear (no cotton)

Beanie (any warm hat)

Warm gloves

X 2 thick socks

Broken in Tramping Boots (with ankle support)

Headtorch (spare batteries – optional)

Insect repellent/sunscreen

Personal sanitary / hygiene items (eg deodorant, toothpaste, face wipes etc)

Personal First Aid kit

Drink bottle / camelback

Cup, Knife, fork, spoon , Plastic Plate

Pack

Pack Liner/rubbish bags

Sleeping bag (warm)

Sleeping mat - Compulsory Silver / Optional Others

Whistle (optional)

Gaiters (Optional)

Gas Cooker (Optional) – Please let Ms Mattingly know if you are bringing a gas cooker

**Tent (Optional) – Please let Ms Mattingly if you are bringing a Tent and how many it sleeps - Silver Only**