

Gear list Seaward Bush

Shorts

Long Johns

Polyprop Top

Fleece Top

Tramping Boots

Woolly socks

Woolly Hat/Beanie

Waterproof jacket

Gloves

Head Torch

Pack

Waterproof pack liner

Energy snacks, eg snacks containing fruit, nuts,
chocolate etc

Water bottle

Medications

Cell phone

Personal first aid items etc if needed

Whistle – if you have one