

Food 1 x Breakfast, 1 x Dinner, 2 x Lunch

Plus – bring some food to eat in the van before we start tramping on Friday .

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

Pack

Pack Liner / rubbish bags

Bags for putting gear in

Sleeping bag (warm)

Sleeping mat

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

**Food:**

Radix or Back Country – Freeze Dried Food is available from Southern Adventure or H and J Smiths Outdoor Department– both in Tay Street. The Dinner meals – need to be lightweight especially.

Cheese, crackers, salami, snack bars, dried fruit, noodles are some suggestions for lunch. (Lunch on the Friday , the second day – will need to be a packed lunch – we may not have access to cooking while on the day tramp).

Breakfast could be porridge/oats/weetbix or a Radix breakfast could be purchased.

FYI Radix is rumoured to taste better than backcountry and has options for special dietary requirements