

The Gryphon School KIT LIST

ITEMS	
Clothing	
1 pair walking boots (broken in)	
2/3 pairs walking socks (1 worn)	
2-3 t-shirts (1 worn)	
2 fleece tops or similar	
2 walking trousers (1 worn - warm, NOT jeans, shorts or leggings)	
Spare Underwear	
Nightwear	
Warm hat & sunhat	
Gloves	
Sunblock	
Waterproof over-trousers	
Waterproof jacket	
Flip-flops/sandals (optional for evenings)	
Gaiters (optional)	
Personal Kit	
Rucksack	
Rucksack liner (or 2 strong plastic bags)	
Sleeping mat (in strong waterproof bag)	
Sleeping bag (in strong waterproof bag)	
Survival bag	
Notebook & pen/pencil	
Whistle (Tied on shoulder strap of rucksack)	
Torch (handheld or head torch) with spare batteries & bulb for torch	
Personal first aid kit	
Emergency food rations (One main meal and 2/3 snacks)	
Water bottle/Bladder (2 Litres)	
Knife, fork, spoon	
Plate/bowl (Not needed if using boil-in-the-bag)	
Mug	
Matches (in waterproof container)	
Wash kit/personal hygiene items	
Towel	
Group Kit	
Scourers	
Tea towels	
Food (<i>lightweight & including snacks</i>)	
Plastic bags (for rubbish etc.)	
Toilet paper	
Tent(s)	
Trianga Cooking stove & pans	
Camping stove fuel	
Maps (1:50 000/1:25 000)	
Compass(es)	
Map cases	