

Gear List - Hiking

Gear

- Day Bag
- Necker
- Rain Gear
- Hiking Boots
- Extra Layer
- Head torch
- Personal First aid kit

***No energy or fizzy drinks as the dehydrate you**

Food

- Packet Lunch
- Water
- Emergency food supply (Chocolate bar or raisins and peanut mix)

You can get all the gear Listed above from the following shops

- [Ted Johnson](#)
- [Colgan Sports](#)
- [Charles Camping](#)
- [Scout Shop](#)

****Lidl and Aldi sometimes sell Camping and Hiking gear as well. They are cheaper than the named brands**

Medical Issues

Your child's Leader will be happy to discuss your child's medical issues. We would like you to fill out a medical form if your child needs it. The form is linked below

[Medical Form](#)