

Frostbite Challenge Kit List

Clothing

	Walking boots (preferably broken in)	
	A complete change of clothes	
	Fleece or sweater or sweatshirt	
	Walking trousers (NOT jeans)	
	Warm hat	
	Waterproof trousers & jacket	

Equipment

	Tent per group	
	Rucksack (approx 55-65 litre)	
	Strong, large plastic bags (to line your rucksack)	
	Sleeping bag & mat	
	Survival bag (optional, but please bring if you have one)	
	Personal first aid kit	
	Watch	
	Whistle	
	Notebook & pen	
	Torch & spare batteries (preferably a head torch)	
	Cycle safety light for your rucksack (if you have one)	
	Water bottle or hydration bladder	
	Compass & map	
	Camera & film (optional)	

Cooking

	Stove & fuel	
	Billy cans	
	Plate bowl knife fork spoon mug	
	Box of matches	
	Scourer, liquid soap & tea towel	
	Plastic bags (for rubbish etc.)	

Food

	Evening meal of around 2000 calories to be cooked on site.	
	Hot breakfast (instant porridge may be a good choice))	
	Packed lunches as required.	
	Water (2 litres)	
	Emergency food ration (chocolate or trail mix or Kendal Mint Cake)	

Personal

	Medicines inhalers etc.	
	Cash (upto £5, you probably won't need any)	
	Wash kit and toothbrush	
	Towel	
	Loo Roll (or part thereof)	

Remember: Please try and keep it light, upto 25% body weight, you will need to carry it!