

Suggested Kit List for a Gorge Walk

For Wearing

Walking boots
Socks
Old trousers (**NO JEANS**)
Swimming costume
Hat
Gloves
Warm jumpers (i.e. layers are good)
Waterproof jacket

For a Weekend

Rucksack
Sleeping bag
Sleeping mat
Survival bag
Torch
Supper for Saturday night
Breakfast for Sunday morning

Day Sack

Personal 1st aid kit
Packed lunch
Hot drink
Candles/tea lights

For the Finish

Spare clothes to change into (including trainers)
4 black bags for wet & dirty clothing
Towel