

16th Morecambe & Heysham Scout Troop

Hiking Equipment List

Essential

Day sack - 25/30 litre. [Examples here](#)
Boots (ankle length) and suitable socks
Waterproof cagoule/anorak
Waterproof overtrousers
Hat, scarf and gloves (*depending on season*)
Spare clothes
Warm shirt and sweaters ¹
Trousers (**NOT** jeans)
Survival bag (Bivibag)
Packed lunch with (hot) drink
Emergency rations ²

Optional

Whistle
Compass
Gaiters
OS Map – as required
Map Case
Plasters (in case of blisters)
Camera

¹ Sweaters - Two thin layers are better than one thick one.

² Emergency rations - These are for use in **emergency** only. Pack high sugar/fat items in a polythene bag or box and keep separate from other food. Suitable items: - chocolate, mint cake, glucose tablets ...

For safety reasons you will not be allowed to take part if you are not satisfactorily equipped with all the essential items listed. Please ask one of the leaders if you require any guidance or assistance.