












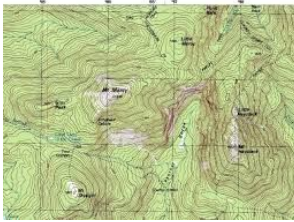





## KIT ITEMS

			
<b>Sleeping bag</b>	<b>Lightweight trousers</b>	<b>Playstation</b>	<b>Book</b>
			
<b>Mat</b>	<b>Breathable base layer</b>	<b>Phone</b>	<b>Card games</b>
			
<b>Compass</b>	<b>Warm mid layer (fleece)</b>	<b>Blanket</b>	<b>Survival bag</b>
			
<b>Penknife</b>	<b>Map</b>	<b>Jeans</b>	<b>Spare boot laces</b>

			
<b>Tent</b>	<b>Torch</b>	<b>Cotton T-shirt</b>	<b>Water purifying tablets</b>
			
<b>First aid kit</b>	<b>Rucksack liner</b>	<b>Cotton socks</b>	<b>Cables ties</b>
			
<b>Spare clothes</b>	<b>Expedition food</b>	<b>Shorts</b>	<b>Fizzy drinks</b>
			
<b>Boots</b>	<b>Water bottle</b>	<b>Flip-flops</b>	<b>Cutlery, mug, plate</b>

			
<b>Emergency choc/energy bars</b>	<b>Cigarettes</b>	<b>Tablet</b>	<b>Towel</b>
			
<b>Non-cotton socks</b>	<b>Watch</b>	<b>Disposable plates, fork, spoon, knife</b>	<b>Hoodies</b>
			
<b>Sun glasses</b>	<b>Spare batteries</b>	<b>Breathable t-shirt</b>	<b>Plastic bags</b>
			
<b>Suncream</b>	<b>Toilet paper</b>	<b>Personal wash kit</b>	<b>Raincoat</b>

			
Cap/warm hat	Waterproof trousers		



**RUCKSACK: What to take**



**CROSS: What NOT to take**



**QUESTION MARK: Why not?**

