



Far & Wide Leadership Programme Kit list



Participants' Kit List

Got it

Packed it

Warm sleeping bag

Clothes and underwear for duration

Two pairs of good walking shoes (broken in)

Towel and toiletries

Warm jacket/jersey

Track suit

Good raincoat

Torch and spare batteries

Hat and suncream

Personal first aid kit

Water bottle or bladder at least 1 litre

Knife, fork spoon, plate/bowl, cup

Small Rucsac for solo night

Small note book and pen/pencil

Toilet rolls

Swimming costume

One or two members of your Group may bring iPhone/Android device/iPad with Avenza pdf app and Turaco Trail map loaded.