



## Camping and Backpacking Holiday Equipment List

To wear:		Tick when packed
Short or long sleeve wicking shirt	Essential	
Trousers ( <b>NOT denim</b> )	Essential	
3 season walking boots	Essential	
Comfortable walking socks	Essential	
Shorts	Optional	
Gaiters	Optional	
<b>To carry:</b>		
55 - 65 Litre rucksack with <b>waterproof</b> liner	Essential	
100% waterproof and breathable jacket with hood ( <b>NOT a cape</b> )	Essential	
100% waterproof trousers or over-trousers	Essential	
Warm hat and gloves	Essential	
Fleece jacket	Essential	
Complete change of clothes	Essential	
Sleeping bag (3 season)	Essential	
Closed cell foam sleeping mat or self inflating mat	Essential	
Very small towel (or J-cloth)	Essential	
Tooth brush plus small amount of toothpaste	Essential	
Small amount of soap or gel sanitizer	Essential	
Toilet paper and small plastic trowel	Essential	
Plastic or stainless steel bowl and mug	Essential	
Spoon and knife (fork not needed)	Essential	
Water container	Essential	
Survival bag, whistle and torch (with spare batteries)	Essential	
Small personal first aid kit	Essential	
Share of tent, cooking equipment and food – supplied by C-N-Do	Essential	
Share of group safety equipment – supplied by C-N-Do	Essential	
Sun cream and insect repellent	Essential	
Map and compass	Essential	
Walking poles	Recommended	
Sun hat, sun glasses	Recommended	
Camera, binoculars	Optional	

Please bear in mind that people have been known to collapse under the weight of rucksacks containing items that 'weigh hardly anything at all'. So try to avoid adding such items. Try to select items which could have multiple purposes, e.g. your spare clothes could also be used to sleep in if it is cold. It is important that any items which have to be kept dry are contained in a waterproof bag.

C-N-Do will provide 2 or 3 person tents, stoves, cooking pots, gas and food. These items will be distributed between participants and may add up to 20 litres volume and about 5kg weight to your rucksack. As tent sharing is usually less onerous from an equipment carrying point of view, if you book as an individual we will match you up with a tent partner(s) of the same sex.

You are welcome to bring your own tent and / or cooking equipment provided this is suitable for backpacking use. To help with our planning we request that you advise us in advance if you intend to do this. Do bear in mind that if you bring your own equipment you will be carrying it all yourself and not sharing the weight with anyone else!

You must ensure that you are adequately clothed and equipped for your holiday. If you are short of any item, we have a small stock of equipment for hire for a small charge. Please return your equipment hire form as soon as possible as items are limited. Should you arrive for your holiday without items deemed to be essential for safety reasons, you may be required to hire or purchase them. We ask for your co-operation in helping to carry a share of the group safety equipment.

C-N-Do is a Páramo Outdoor Clothing Premier Retailer and is pleased to offer holiday clients a 10% discount on purchases from our shop or online store.