

Gear List



This is a list of gear needed for a weekend Sionnach Adventure. Tick off the Items as you do the final Packing, Keep the final weight down as much as possible. Make sure all the gear is packed in plastic bags to ensure it remains dry. Only bring one bag!

Personal equipment

- Hiking boots (waxed) & gaiters
- Thick hiking socks
- Trousers or hiking breeches (not jeans)
- Thermal vest and long johns (can be used as pyjamas)
- Shirts (2)
- Jumper or fleece
- Gloves
- Neck scarf
- Fleece hat or balaclava
- Waterproof jacket with hood
- Waterproof over trousers with wide opening zips
- Toothbrush, small tube of paste, small towel & small piece of soap all in a small toilet bag.
- Lunch and a flask
- Sleeping bag and stuff sack (in additional plastic bag)
- Sleeping mat
- Pocketknife
- Fork, spoon, plate, mug
- Rubbish bag
- Compass, navigation card & watch
- Head torch & spare battery/bulb
- Plastic whistle (attached to rucksack)
- Emergency rations (chocolate & GORP)
- Large bivi bag
- Rucksack
- Heavy-duty plastic bag to line pack
- Small amount of toilet paper in plastic bag

Patrol equipment

- Maps (at least 2, laminated or in map cases)
- First aid kit, pencil & paper
- Hike tents (with pegs and poles)
- Trangia stove & fuel in fuel bottle
- Matches in waterproof container
- Food, packed in lunch boxes
- Washing up tea towel and sponge
- Water bottle
- Insect repellent
- Sun cream, lip balm
- Camera
- mobile phone (for emergency use, should remain switched off)