



### **Kit List (Compulsory)**

- Valid/Up to Date European Health Insurance Card (EHIC)
- Walking/Hiking Boots
- Waterproof Jacket
- Warm Hat
- Warm Gloves
- Warm Clothing
- x1 Pair Full Length Trousers (At Least)
- Daysack/Rucksack
- Towel (or can be provided €10.00 per person)
- Waterbottle
- Whistle
- Torch (Head Torch Recommended)
- Kit for Training Sessions

### **Kit List (Recommended)**

- Personal First Aid Kit
- €100.00 Spending Money
- Swimwear
- Sunglasses
- Sunscreen
- Lipbalm
- Indoor shoes/Flip-Flops
- Toiletries