

# Packing list – River Crossing Course

## **Clothing:**

- 1x Woollen socks
- 1x Tramping boots or sturdy shoes
- 1x Polypro top (minimum 1)
- 1x Polypro bottoms
- 1x Quick dry shorts/pants
- 1x Fleece or woollen Jumper
- 1x Waterproof/windproof Jacket
- 1x Gloves
- 1x Warm hat & Sun hat
- 1x Sunglasses
- 1x Spare set of warm clothing to get changed into at end of session

## **Equipment:**

- 1x Sunscreen & lip balm with SPF protection
- 1x Personal medication
- 1x Drink bottle
- 1x Tramping pack and pack liner or plastic bag with some weight in it approx. 5kg
- Snacks
- 1x Towel
- Walking poles – if you use these for walking normally

Note: Please do not bring /pack any cotton items as these are not suitable for this course.

We have spare packs that are able to get wet should you want to keep your pack dry for travelling. We recommend using your personal pack for all the mutual support crossings and one of our packs for the pack float.