

Equipment that should be taken on all trips :

- Appropriate clothing and footwear – such as hat, raincoat, thermals, beanie
- Sufficient food for the trip
- Water– at least 1 litre for a day walk and more as required for overnight walks. In hotter conditions, participants should carry 2 litres or more.
- Appropriate maps and compass
- Sunscreen, sunglasses
- Lighter or fire starting materials
- Whistle
- Torch
- First aid kit

You should carry a **first aid kit** on the activity. First aid kits can be purchased from organisations such as St John Ambulance and should include items such as:

- Pain killing tablets
- Antihistamine tablets
- Heavy duty crepe bandages
- Waterproof dressing
- Triangular bandage
- Emergency reflective foil blanket
- Band-Aids
- Antiseptic swabs
- Safety pins
- Waterproof tape
- Scissors
- Pair of latex gloves

Personal Locator Beacon. One PLB per group should be carried for any remote or off-track activity. A PLB can be borrowed from the Span gear keeper.

Additional Gear for Canyon Trips

Appropriate **abseiling equipment** including :

- Helmet
- Harness
- Abseiling device
- Safety line and carabiners
- Prussick loops or ascenders

These items may be borrowed from the club, contact the trip leader well in advance of the trip if this is needed.

Personal Equipment :

- Wetsuit
- Waterproof bags or enough plastic bin liners to keep items dry when swimming.
- Spray jacket or raincoat for wind protection when wet
- A dry set of thermals or clothing, dry socks
- Appropriate footwear for walking in wet slippery conditions.

Contact the trip leader if you need more information about any of these items.