

24hr Survival - Kit List



Personal Kit

- Rucksack for your kit
- Rucksack liner (or bin bag to keep rain out)
- Walking boots with ankle support
- 1 x spare pair of socks
- 1 x Base layers/T-Shirt
- Walking trousers/outdoor trousers
- 1 x Hoody/Fleece and warm outer layer (down jacket)
- 1 x Waterproof jacket
- 1 x Waterproof trousers
- Warm hat and gloves for evening
- 2 x litres of water (ideally in a reusable bottle)
- Personal medication
- Cup
- Knife/Fork/Spoon
- Sleeping Bag
- Roll Mat
- Headtorch