

TREK - KIT LIST

Walkers **must** have:

- Waterproof jacket - weather is changeable and heavy downpours are common on the Mendips.
- Hat and sunblock.
- Clothing that can be layered. For example t-shirt, shirt, jumper.
- Trousers (avoid shorts as they give no protection against ticks, sunburn/wind chill). Tracksuit type material is far better than jeans, which are unsuitable to walk in when wet.
- Thick socks.
- Walking boots or trainers with laces done up properly. Footwear must be substantial.
(If students have any doubts about whether their footwear will be acceptable they should have it checked before the day of the trek by their tutor or Head of House.
- Packed lunch including enough drink for the whole day.
- Daysack / rucksack.
- Emergency rations (e.g. sweets, chocolate bar) – not eaten before you return to school
- Any essential medication such as an inhaler.

Optional useful items:

- Waterproof trousers
- Whistle & Compass
- Mobile phone in a waterproof bag

This list has been produced to comply with Health and Safety regulations. If you are not able to provide the above items you may not be able to take part. Students in receipt of pupil premium should contact their Head of House, before the event, if they need to borrow any equipment.

Key reminders

Mobile phones are for emergency use only and should not be used to play music. Students must stay in their teams all day.

At all times abide by the country code (quiet noise levels, taking any litter home, staying on paths).

When students behave in the sensible, responsible manner of which we know they are all capable this is a fantastic event and opportunity for all to enjoy and appreciate the surrounding countryside. Get yourselves properly prepared and I look forward to seeing you all out on the hills.