

**RECOMMENDED ITEMS TO BE TAKEN ON ALL TFNC EXCURSIONS**

- Waterproof jacket and over-pants
- Thermal jacket or equivalent
- Charged mobile phone (with additional backup charger if necessary)
  - Either c/w with Apps for Maps/Compass/GPS
  - or if no mobile coverage OR a phone, please carry relevant Maps and a Compass
- Pack cover
- Water and food
- Sun hat/beanie/gloves
- Sunscreen/lip balm 50+
- Insect repellent (for leeches, mozzies etc.)
- Head torch/mirror/penknife/whistle/waterproof matches or lighter
- Small personal first aid kit (see suggested list below)

**Plus the following may help make your walk more enjoyable**

- Gaiters
- Sunglasses
- Sit mat
- Hot thermos drink
- Walking poles

**Suggested Personal First Aid items (carry in waterproof covering)**

- Band-aids – various sizes
- 2 x heavy compression/elasticised bandages 75-100mm wide inc. clips (for sprains, snakebites)
- Adhesive tape – non stretch (strapping sprained ankles and holding dressings in place)
- Triangular bandage (slings/padding/bandage)
- 3 x small sterile dressings or equivalent (for use as eye pads; wound covering & cleaning etc.)
- Space-blanket (protection against elements/heat loss)
- Pain relieving tablets (paracetamol, ibuprofen)
- Antihistamine/Stingose
- Antiseptic – powder/spray/gel or wipes for cleaning wounds etc.
- Small notebook and pencil

**PLUS ANY PERSONAL MEDICALLY PRESCRIBED DRUGS YOU MAY REQUIRE**