

## Packing List - Y Care Walks 2010 - recommendations

- Tent (not heavy canvas)
- Sleeping bag and pad (NOT stretchers)
- Extra blanket
- Small pillow
- Camping chair (packed in bag, foldable)
- Backpack (small, to carry your lunch, water bottle, snack etc. you need for the daily walk)
- Sunscreen
- Walking shoes (well walked in)
- Jersey (warm for the chilly nights)
- Extra socks, 2 per day
- Ear plugs
- Torch and spare batteries
- Sun hat
- Woolly hat
- Sun glasses
- Clothes (sufficient, but not too much)
- Personal snacks & power food, dried fruit etc
- Walking stick
- Water bottle (with large opening for easy refill)
- Windbreaker
- Scarf
- Adhesive fabric plaster (Prostrap: 50mm or Elastoplast: 25 mm x 3m)
- Mosquito repellent, painkillers, plaster etc.
- A good book to read...
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Belongings packed in a sports bag (NO SUITCASES)  
All items well marked with your name.

Y CARE can not be held responsible for any lost items