

OHJAC YHA Equipment List

YHA NEEDS

Sheet sleeping bag provided by the YHA
or bring sheets and a pillow case
Membership Card if you have one.

WALKING EQUIPMENT

WALKING BOOTS (VIBRAM SOLE) OR SOFT BOOTS

THICK AND THIN WALKING SOCKS (not nylon)

TROUSERS FOR WALKING, THICK & WARM, NOT JEANS

SHORTS

WARM SHIRTS / LIGHT SHIRTS

Underwear

SWEATERS OR FLEECE

BALACLAVA OR WARM HAT / SUN HATS AND SHADES

GLOVES AND MITS

WATERPROOF ANORAK THICK GAUGE

WATERPROOF TROUSERS

Complete change of clothes, spare sock etc. to be carried whilst walking

LARGE SURVIVAL BAG

RUCKSACK with Plastic Bag for keeping clothes dry

FIRST AID KIT TO INCLUDE PLASTERS AND ONE TRIANGULAR BANDAGE

Compass / Whistle

Emergency food (choc, mint cake, glucose)

<u>HOUSE CLOTHES</u>	<u>OTHER EQUIPMENT</u>
Night Clothes	Maps : 1 - 25,000 (Outdoor Leisure)
Non Walking clothes for evening	OL *
Toilet / Washing Kit / Towel	Tea, coffee, drinking chocolate, squash, milk or dried milk, sugar and chocolate bars will be arranged for all to use.
Torch with Batteries	<u>ESSENTIAL EQUIPMENT</u>
Notebook and Pen etc.	CAKE OR MAYBE A BOTTLE OF WINE
Light shoes for hostel	EXTRA GOODIES
Sandwich Box for packed lunch	You may need extra chocolate to supplement your packed lunch
FLASK AND Cold drinks container	
Books guides etc.	
SUN TAN OIL / AFTER SUN	
PLEASE NOTE : It is the utmost importance that you have the above items on the walks which could encounter wintery conditions	

**YOU ARE STRONGLY ADVISED TO KEEP
ALL ITEMS OF VALUE ON YOUR
PERSON**

OHJAC MOORLAND DAY WALK

Equipment List

WALKING EQUIPMENT

WALKING BOOTS (VIBRAM SOLE) OR SOFT BOOTS

THICK AND THIN WALKING SOCKS (not nylon)

TROUSERS FOR WALKING, THICK & WARM, NOT JEANS

SHORTS

WARM SHIRTS / LIGHT SHIRTS

Underwear

SWEATERS OR FLEECE

BALACLAVA OR WARM HAT / SUN HATS AND SHADES

GLOVES AND MITS

WATERPROOF ANORAK THICK GAUGE

WATERPROOF TROUSERS

Complete change of clothes, spare sock etc. to be carried whilst walking

LARGE SURVIVAL BAG

RUCKSACK with Plastic Bag for keeping clothes dry

FIRST AID KIT TO INCLUDE PLASTERS AND ONE TRIANGULAR BANDAGE

Compass & Whistle

Emergency food (choc, mint cake, glucose)

Torch with Batteries	<u>OTHER EQUIPMENT</u>
Notebook and Pen etc.	Maps : 1 - 25,000 (Outdoor Leisure)
Packed Lunch	
Hot and Cold drinks	

OHJAC VENTURES 2004

EASTER BUNNY WALK 12 APR 04

Ducks Pool Chris Fitzroy meet Princetown Car Park

10:30 or Exmouth Tennis Centre Car Park 9: 30am

OHJAC DAY WALK

Suggested Equipment List

WALKING EQUIPMENT

WALKING BOOTS (VIBRAM SOLE) OR SOFT BOOTS

CLOTHING FOR THE TIME OF YEAR

HAT / SUN HAT AND SHADES

WATERPROOF ANORAK

WATERPROOF TROUSERS

RUCKSACK

SMALL FIRST AID KIT PLASTERS ETC

Map Compass & Whistle

Emergency food (choc, mint cake, glucose)

Packed Lunch drinks etc