



PRE-EVENT INFORMATION FOR WALKING & RUNNING CAVALCADERS

GEAR LIST

- Waterproof coat/jacket, leggings & hat
- Jersey, balaclava, socks, longjohns, gloves
- Hot weather gear e.g shorts & T shirt
- Gaiters are a good idea to keep rubbish & rain out of boots
- Towel & toilet articles
- Sleeping bag & mat / stretcher
- Sunscreen & insect repellent
- Personal items and a roll of loo paper
- Small first aid kit for yourself
- Camera & torch
- Your own mug, plates, cutlery & tea towel – unless stated otherwise
- Water bottle
- Personal medications
- Money for the bar and Host Town
- Baby wipes are handy when hand washing difficult
- Small ground cover to put down in yards to put your gear on
- Folding chair/stool.