



A checklist of items to pack for our trip to Ilam Hall:

- Socks and underwear
- T-shirts
- Warm tops/fleece
- Long walking trousers/jogging bottoms (not jeans for walking)
- Walking boots or sturdy trainers
- Trainers to wear in the hostel (no bare feet or socks)
- Sleepwear (rooms are warm!)
- Waterproof jacket/cagoule (must fit in rucksack)
- Watch



Rucksack to hold enough for day's walk

Small lunchbox and waterbottle

Suncream

Sunhat

Pen (and first class stamps) for writing your postcards home (give them to the staff to post for you as some collections are very slow)

Wash bag to include:

- Soap or shower gel
- Shampoo
- Toothbrush and toothpaste
- Deodorant
- Hairbrush
- Towel



You need enough spares of the above to last you for 5 days. It could be hot or cold, or wet or dry – or all of these things together so come prepared. You will want to change when you get back to the hostel into different clothes.

You will probably want to take a camera. If you take other electronic items, then you do this entirely at your own risk. They could get lost or broken.

Everything you take must fit into your daily rucksack and either a suitcase or holdall. You must be able to carry them yourself, so leave the kitchen sink at home!