

## **Sponsored Walk - KIT LIST**

### Walkers must have:

- T-shirt, jumper
- Trousers/leggings (shorts are allowed but sun block must be used on legs and there is a greater risk of getting a tick)
- Thick socks
- Walking boots or trainers with laces done up properly. Footwear must be closed-toe and substantial – no sandals.  
(If students have any doubts about whether their footwear will be acceptable they should have it checked before the day of the walk by their Head of House.)
- Packed lunch including 1-2 litres of water/non-fizzy drink
- Daysack/rucksack – make sure it has padded shoulder straps
- Bring medication i.e. inhaler, epipen etc. that you may need
- Sun hat & sun block

### Depending on weather:

- Waterproof coat (preferably with a hood)
- Waterproof trousers (if you have them)
- Sunglasses

### Optional useful items:

- Cash, in case you want to purchase an ice cream or drink at the Recreational Ground.

This list has been produced to comply with Health and Safety regulations. If you are not able to provide the above items, you may not be able to take part. The school needs to know this before the day so that the success of participating teams is not affected at the last minute.

### Key reminders

Musical devices including all types of headphones and speakers are not permitted.

If students have mobile phones they should not be seen or heard.

Students must strictly stay in their teams all day.

At all times, abide by the country code (quiet noise levels, picking up litter, staying on paths etc...)