**The Malcolm Whales Foundation Dorset Walk Equipment List**

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| --- | --- | --- | --- |
|  | **Essential** | **Recommended** | **Optional** |
| **Walking Equipment** |  |  |  |
| **Small Back Pack** | **X** |  |  |
| **Walking Boots/Shoes** | **X** |  |  |
| **Warm Clothing** | **X** |  |  |
| **First Aid Kit** | **X** |  |  |
| **Waterproof Jacket** | **X** |  |  |
| **Waterproof Trousers** |  | **x** |  |
| **Emergency Food (Non – Perishable)** | **X** |  |  |
| **Water Bottle** | **X** |  |  |
| **Mobile Phone** | **X** |  |  |
| **Camping Equipment** |  |  |  |
| **Sleeping Bag & Pillow** | **X** |  |  |
| **Roll Mat/Air Bed** |  | **X** |  |
| **Plastic Bags For Dirty Clothes & Shoes** |  | **X** |  |
| **Bowl/Plate/Mug (Not Glass or China)** | **X** |  |  |
| **Knife/Fork/Spoon** | **X** |  |  |
| **Sun Cream** | **X** |  |  |
| **Tent** | **X** |  |  |
| **Jumper** | **X** |  |  |
| **Warm Jacket** | **X** |  |  |
| **T-Shirts** |  | **X** |  |
| **Trousers** |  | **X** |  |
| **Walking Shorts** | **X** |  |  |
| **Jeans** |  |  | **X** |
| **Underwear** | **X** |  |  |
| **Socks** | **X** |  |  |
| **Hiking Socks** |  |  | **X** |
| **Cereal** |  | **X** |  |
| **Cordial** |  |  | **X** |
| **Money** | **X** |  |  |
| **Wash Kit & Towel** | **X** |  |  |
| **Torch with Spare Batteries** | **X** |  |  |