



# GROUP CHECKLIST

## For KISC guided hikes

*All participants must have everything on the list. If any participant does not have any of the required items, they will not be able to join the activity.*

### Hike

- Rucksack
- Hiking Boots (with ankle support)
- Waterproof Jacket **and** Trousers
- Water Bottle (Full Min. 2 litres)
- Warm Clothing (Long Trousers and Fleece, no jeans)
- Sun Protection (Hat, Sun Cream and Glasses)
- Warm Hat
- Gloves
- Special Medication (asthma inhalers, etc)
- Food (snacks/lunch and/or dinner)
- Pocket Money

### Overnight Activities

- Sheet Sleeping Bag
- Torch for the hut
- Sandal for the hut (optional)

### Important Information

- Each activity has a minimum age. This will be strictly enforced.
- If you have any Medical Conditions (blackouts, epilepsy, asthma, fear of heights, ADHD), it does not mean you cannot do the activity but you MUST inform your guide!