

The Malcolm Whales Foundation Dorset Walk Equipment List

	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		