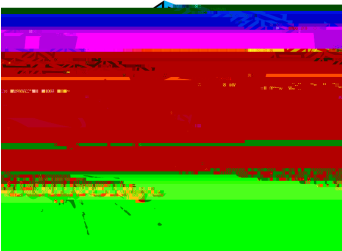


ou
be staying in youth hostels night -
linen, pillow cases and blankets are
supplied.

Gear should be packed in a pack
(your school backpack or rucksack of
similar size). Shoulder bags and
suitcases are not suitable.

It is important to pack minimal kit in
each
day throughout the Challenge.



All medications should be

Please do not bring any sweets or

jewellery as we are not responsible for loss

For general enquiries call our
required, please call the office line for the

