



OUTDOOR ADVENTURE

The Outdoor Adventure programme plays a central role in Nine at Millfield. To ensure maximum comfort, safety and enjoyment during outdoor events it is important to have the correct equipment.

Students must have all of the items listed below.

Items marked in red are only required by students taking part in Duke of Edinburgh

CLOTHING

walking boots (must have ankle support – walking shoes are not sufficient)

old trainers for water sports activities

walking socks (thick hiking socks to aid prevention of blisters)

thick fleece/jacket

micro fleece

school sportswear

waterproof jacket (must have hood)

waterproof trousers (a side zip is recommended)

sun hat

swimming costume

gloves

warm hat

EQUIPMENT

daysack (20 litres)

water bottle (1 litre)

sun cream (minimum factor 30)

rucksack (60-65 litres)

waterproof rucksack liner

sleeping bag (three season hooded sleeping bag – 0° comfort level)

sleeping mat (foam mat or lightweight inflatable mat)

whistle

compass

head torch

mug, spork, bowl

small personal first aid kit