

Hetty's Packing List for SILVA Great Lakeland 3Day 2017

Just a little note... As said in [my blog post](#) I don't pack particularly light, so if you end up using this feel free to leave items at home. The majority aren't mandatory!

Wearing/ in my running Pack:

Fell shoes
Socks
Duct tape (fixes everything!)
Long leggings
Waterproof trousers
Waterproof jacket
Baselayer
T-shirt
Microfleece
Underwear
Windproof jacket
Running vest
Hydration system
Compass
Map
Whistle
First aid kit
Emergency shelter/ bivi bag
Pen & paper
Hat
Gloves
Money
Watch
Warm jacket (as we were walking & in case we had to stop)
Head torch
Spare batteries

Snacks:

Wraps with cheese & ham (day 1 & 2)
Flapjack
Jelly babies
Banana (day 1 only!)
Malt loaf
Seed mix
Cereal bars

In my drybag:

Spare shoes for evening camp
Running socks x 2
Warm socks (for cold feet at camp)
Blister plasters
Spare leggings
Additional waterproof jacket
Clean Baselayer
Clean t-shirt
Clean fleece
Underwear
Toilet paper (not actually needed there was plenty)
Warm down jacket
Sleeping bag
Tent
Roll mat
Stove, gas & lighter
Pan, mug & spork
Sunglasses (not needed!)
Pillow
Toothpaste
Toothbrush
Sun cream
Washing up liquid & sponge
Portable phone charger
Plastic bags (for sandwiches/feet/rubbish)

Food:

Brioche (breakfast)
Hot cross buns (breakfast)
Hot chocolate x 4
Marshmallows!
Pasta, tomato sauce & cheese (dinner 1)
Rice & tuna (dinner 2)
Cuppa soup x 2
Tea bags