

## INFORMATION SHEET

Please let us know prior to your arrival if you have any special dietary requirements, so we can make sure we have the necessary foods/drinks available. We would also like to know if you have any health issues that you think we should know about – allergies, heart, diabetes etc

### Clothing

Hunting trousers:	light/medium weight (not jeans) x 2 pairs
Shirts:	1 light & 1 medium weight
Socks:	Explorer or holeproof x 4 pairs
Underwear:	Long, top & bottom (polypropylene or wool)
Gloves:	woollen or leather
Hat:	woollen & sunhat
Overclothes:	wind & Rain proof jacket & leggings (Gore-tex or similar) camo or dull colour (not bulky)
Boots:	1 piece with rubber sole and good tread (snow gaiters are a good idea) that have been worn and are comfortable
Casual clothes:	Informal

### Equipment

Rifle:	300, 7mm, 30.06, 270 etc
Ammunition:	120gn Projectile is minimum At least 30 rounds
Daypack:	Knife, small flashlight, sun block
Optics:	Binoculars, camera