

Expedition Kit List

This Kit List is a suggestion of clothing and equipment that you might need for the expeditions, you might already have much of this however if you are considering buying any equipment it is worth buying items that could be suitable for the duration of you Bronze / Silver / Gold expeditions.

<p>You will need a large rucksack, approximately 60L to pack your personal and group kit in.</p>	
Personal Clothing	Personal Kit
<ul style="list-style-type: none"> <input type="checkbox"/> 1 pair of walking boots (broken in) * <input type="checkbox"/> 2 pairs of walking socks <input type="checkbox"/> 2 t-shirts <input type="checkbox"/> Thermal t-shirt (optional) <input type="checkbox"/> 2 fleece tops or similar <input type="checkbox"/> 2 walking trousers <input type="checkbox"/> Underwear <input type="checkbox"/> Nightwear <input type="checkbox"/> Flipflops/trainers/sandals etc (optional for campsite use) <input type="checkbox"/> Warm hat &/or sunhat (as appropriate) <input type="checkbox"/> 1 pair gloves (if appropriate) <input type="checkbox"/> 1 pair shorts (if appropriate) <input type="checkbox"/> Sunblock (if appropriate) <input type="checkbox"/> Waterproof over-trousers <input type="checkbox"/> Jacket/coat (waterproof & windproof) <input type="checkbox"/> 1 pair gaiters (optional) 	<ul style="list-style-type: none"> <input type="checkbox"/> Rucksack (60L) + Liner <input type="checkbox"/> Sleeping bag + Sleeping Matt <input type="checkbox"/> Whistle <input type="checkbox"/> Torch (spare batteries) <input type="checkbox"/> Personal first aid kit <input type="checkbox"/> Water bottle (2 litres) <input type="checkbox"/> Knife, fork, spoon <input type="checkbox"/> Plate/bowl /Mug <input type="checkbox"/> Box of matches / lighter <input type="checkbox"/> Wash kit/personal hygiene items (some items could be shared as a group) <input type="checkbox"/> Towel <input type="checkbox"/> Notebook and pen/pencil <input type="checkbox"/> Watch <input type="checkbox"/> Spare Laces
Shared Items	Group Kit (Provided for you. You need to leave space to pack your share of this equipment)
<ul style="list-style-type: none"> <input type="checkbox"/> Scourers <input type="checkbox"/> Tea towels <input type="checkbox"/> Plastic bags (for rubbish etc.) <input type="checkbox"/> Toilet paper <input type="checkbox"/> Camera (optional) <input type="checkbox"/> Tin Opener (if needed) <input type="checkbox"/> Repair Kit (gaffer tape / zip ties) 	<ul style="list-style-type: none"> <input type="checkbox"/> Tents <input type="checkbox"/> Stoves <input type="checkbox"/> Fuel <input type="checkbox"/> Pots / Pans <input type="checkbox"/> Maps / Compass <input type="checkbox"/> Group First Aid Kit <input type="checkbox"/> Emergency Phone
<p>*Walking boots should have good grip on the bottom and provide support to the foot. Loose fitting sports trainers are unlikely to have sufficient tread on the bottom or do up tight enough to help prevent slips while carrying weight. Pupils with inappropriate footwear will not be allowed to walk.</p>	