



Kit List for Expedition

TO WEAR WALKING

1x pair Walking Boots / suitable trainers (trainers only OK for bronze)
1x pair Walking Socks
1x Thermal top / tee shirt
1x Sweater (woollen or fleece)
1x Trousers (cotton NOT jeans)

PERSONAL KIT (TO CARRY)

1x Large Rucksack(over 65litre capacity)
1 x rucksack liner (see 'how to pack your bag document on our website)
- Food (see food document on our website)
1x Notebook & pen/pencil
1x Head Torch & spare batteries
1x Emergency food rations (NOT to be eaten until the end! A couple of chocolate bars and/or nuts and fruit will be enough)
1x Water bottle (to hold 1 to 2 litres)
1x Knife, fork, spoon
1x Plate/bowl
1x Mug
1x Wash kit (tooth brush & paste soap hand towel)
1x Coat (it must be waterproof)
1x Waterproof over-trousers
?x pairs Underwear (enough for 1 for each day!)
? x pairs Walking socks (enough for 1 for each day)
1x spare tee shirt or thermal top
1x Spare sweater (woollen or fleece)
1x pair of sandals / flip flops (optional for camp in the evening)
1x Hat (warm)
1x pair Gloves
1x pair Shorts (if appropriate for the weather forecast)

Money for campsites, normally about £5 per night.

1 x whistle
1 x first aid kit, just a small basic one, you can buy them ready made up from supermarkets or boots
1 x suncream and hat (ESSENTIAL for summer expeds, the biggest reasons why people have to quit is sunburn and blisters!)

Group Kit

(to carry between the team)

Tents
Stoves (& fuel)
washing up liquid and scourer, or brillo pad style scourers (these have washing up liquid already in them.
1 x tea towel
at least one compass (one each for gold)
1 x camera (optional)
1 x pack of cards (optional)
1 x Frisbee or small ball to play with in camp (optional)
2 x box of matches or lighters

Your school or club where you are doing you D of E MAY be able to lend you the following but check with them first in plenty of time!

Map
Compass
Tent
Stove
Sleeping Bag
Rucksack

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