



## Bronze Final Expedition Kit List – you must have all the equipment on this list to start the expedition, have a read through it ASAP to give you time to buy anything you don't currently have

### Clothing etc

- ★ Walking Boots, or proper walking shoes, not trainers. (you can get walking shoes from as little as £9 in sports direct)
- ★ Socks, enough for length of exped.
- ★ Underwear, enough for length of exped.
- ★ Thermal top(s) / tee shirt(s) ensure you have one top with long sleeves in case of sunny weather.
- ★ A 'mid layer' top such as a fleece, avoid 'hoodies' etc as they are really heavy and take ages to dry.
- ★ A spare mid layer top, again fleece is best as its light
- ★ Trousers (NOT jeans). Optional = thermal leggings to wear at night or during the day if its cold.
- ★ Waterproof jacket and trousers – **MUST** be a separate waterproof 'shell' that goes **over** your walking trousers and top, NOT sports training trousers.
- ★ Warm Hat and gloves, again fleece is good as it dries fast, you must have these even for summer expeditions
- ★ Optional = trainers or flip flops for evenings
- ★ Sunhat – if there is sun forecast you **MUST** have a sun hat, a wide brimmed hat is best by far, you can buy them cheaply and they are light, you can also use a baseball cap but they aren't as good.

### PERSONAL KIT (TO CARRY)

- ★ Large Rucksack, over 65 litres (these don't have to cost the earth, you can get really good ones from tesco direct for £28 or go outdoors for £35 that will last you years, or you may be able to borrow one from your school or unit)
- ★ Sleeping mat – must be proper camping sleeping mat, not a exercise or yoga mat, they won't keep u warm, they are only about £8 to buy.
- ★ Sleeping bag appropriate to the time of year
- ★ Bag sufficient to keep your sleeping bag and clothes dry (NOT binbags!!) info on the type of bags that are acceptable is in the 'how to pack exped rucksack' document on the website – website address is at the end of this list
- ★ Food - see food document on website
- ★ Emergency food rations – see food document on website
- ★ Whistle
- ★ First aid kit, just a small basic one, you can buy them ready made up from supermarkets or boots
- ★ Head Torch & spare battery
- ★ Water bottle to hold 2 litres

### PERSONAL KIT (TO CARRY) continued.....

- ★ Plate, bowl, Mug, Knife, fork, spoon
- ★ Matches in waterproof container or bag
- ★ 1x Wash kit (tooth brush & paste soap hand towel)
- ★ Money for campsites, £7 per night,
- ★ Suncream, essential for summer expeds, you can buy 'all day long' suncream which means you can carry less and only apply once.
- ★ Orange survival bag – ESSENTIAL! These can be brought in an outdoor shop or online for about £2

### Group Kit to carry between you in the group

- ★ Tents, depending on the number of you using a tent then you will split it between you, for example with a 2 man tent someone has the tent inner and poles and someone has the outer and pegs. If you want to borrow a tent then your school or unit will have some you can use but let them know in plenty of time.
- ★ 2-3x Stoves & fuel, we can provide the stoves and fuel bottles but you may need to buy the fuel for the stove yourself, ask your leader if they haven't told you already. If you haven't been issued with a stove then your leader may issue them in camp.
- ★ Washing up liquid and scourer, or brillo pad style scourers and a tea towel
- ★ Camera (optional)
- ★ Pack of cards (optional)

### ESSENTIAL READING:

Go to the website [www.nptdofe.co.uk](http://www.nptdofe.co.uk) and then the 'Exped Info' page and download and read the 'how to pack your exped rucksack' document, read this carefully and follow the advice as you won't be able to start the exped until your bag is right!  
You also must download and read the 'Food 4 B&S' document

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