

Gold Kit List

Clothing etc

- Walking Boots 1x pair
- Walking 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
- Trousers (NOT jeans) optional = thermal leggings to wear at night or during the day if it's cold.
- Waterproof jacket and trousers
- Hat and gloves, again fleece is good as it dries fast
- Optional = trainers or flip flops for evenings
- Gaitors, these are optional but recommended, they will go a long way to keeping your feet dry.
- 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 (I can lend you one if you book one in advance)
- Sleeping mat – must be proper camping sleeping mat, not an exercise or yoga mat, they won't keep u warm.
- Sleeping bag appropriate to the time of year. If you feel the cold in the night then for practice expeds you can bring a second sleeping bag to leave on the minibus and collect at camp so you have 2 in the night. You **HAVE** to carry one sleeping bag though.
- Drybag, if you haven't got one yet then see Darren
- Food - see food document on 'Open Gold Centre' page of www.nptdofe.co.uk
- Emergency food rations – see food document on website
- Whistle
- Map and compass
- First aid kit, just a small basic one, you can buy them ready made up from supermarkets or boots.

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

- Head Torch & spare battery
- Water bottles, total 3 litres
- Plate, bowl, Mug, Knife, fork, spoon
- Matches in waterproof container or bag
- Pocket Knife (optional)
- 1x Wash kit (tooth brush & paste soap hand towel)
- Money for emergencies
- Sun cream, essential for summer expeds, you can buy 'all day long' sun cream which means you can carry less and only apply once.
- Orange survival bag – **ESSENTIAL!**

Group Kit

- Tents, you will use either 2 or 3 man tents and then split them between you, for example someone has the tent inner and poles and someone has the outer and pegs. We provide tents but u can use toy own if you like.
- 2-3x Stoves & fuel, we can provide the stoves and fuel bottles but if you are using Trangias then you need to buy Meths.
- ***The next items you will carry between you but you MUST communicate now and decide who will buy what, you have to have all of the stuff below...***
- Washing up liquid and scourer, or brillo pad style scourers.
- Tea towel
- Camera (optional)
- Pack of cards (optional)
- Notebook & pen/pencil to record the information for your aim (final exped only)
- Trowel and toilet paper (if wild camping)