

## 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 walking trainers with **excellent** tread
- ★ 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 (you may be able to borrow one from your school or unit, ask you unit leader)
- ★ 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 our website – website address is at the end of this list, u must read this document.
- ★ Food - see food document on our website
- ★ Emergency food rations – see food document on web
- ★ Whistle
- ★ First aid kit, just a small basic one, you can by 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, esesntial for summer expeds, you can buy 'all day long' suncream which means you can carry less and only apply once.

### **Group Kit to carry between you (tents can be supplied if requested beforehand and stoves will automatically be supplied)**

- ★ 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.
- ★ Washing up liquid and scourer, or brillo pad style scourers and a tea towel
- ★ Camera (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 need to download and read the 'Food 4 B&S' document, any questions get in touch: