

## Silver Kit List for Practice and Final Expedition–

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 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 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 – essential for the expedition regardless of time of year.
- ★ 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 u **MUST** have a sun hat, a wide brimmed hat is best by far, you can buy them cheaply and they are light, u can also use a baseball cap

### PERSONAL KIT (TO CARRY)

- ★ Large Rucksack, over 65 litres (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.
- ★ Sleeping bag appropriate to the time of year (if a cold night is forecast then you may be able to put a spare one on the minibus to collect in camp so you sleep with 2 but check with your leader and you must carry 1 sleeping bag)
- ★ 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
- ★ Whistle
- ★ 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 bottle to hold 2 litres
- ★ Plate, bowl, Mug, Knife, fork, spoon
- ★ Matches in waterproof container or bag
- ★ 1x Wash kit (tooth brush & paste, soap)
- ★ Money for campsites, £7 per night,
- ★ Suncream, essential for summer expeds
- ★ Orange survival bag – **ESSENTIAL!** These can be brought in an outdoor shop or online for about £2

### Group Kit (to be carried by your exped team)

- ★ 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.
- ★ 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
- ★ Water purifying tablets, either go to an outdoor shop and get whatever brand they have or put 'lifesystems chlorine diox' into google. You only need one pack per group but you have to have them

### 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