



EXPEDITION KIT LIST

Below is a guide to the items you may require during the training, practise and qualifying expedition. Remember...you will have to carry everything...so keep it lightweight!

You must wear comfortable, quick drying clothing: **NOT JEANS, DENIMS OR CANVAS TROUSERS.**

Personal equipment

- A rucksack (approximately 45 – 50 60-litre capacity)
- Walking boots.
- Large strong plastic bag (ie rubble sack) to use as a rucksack liner
- Sleeping bag
- Sleeping mat
- Survival bag
- Mug and bowl (unbreakable)
- Knife and spoon
- Half litre metal flask
- Torch with spare batteries and bulb
- Water bottle (One litre minimum)
- Waterproof jacket
- Waterproof trousers
- Warm hat / sun hat
- Gloves
- Base layer ie T shirts
- Fleece / sweatshirts
- Trousers (NOT jeans)
- Under wear
- Socks
- Walking socks
- Small towel and toiletries
- Toothbrush and toothpaste
- Penknife
- Whistle
- Notebook and pen
- Emergency telephone money (3X20p)
- Matches / lighter (in waterproof container)
- Emergency food rations
- D of E Award identity card
- Personal first aid kit containing plasters, blister pack, personal medication etc

Team equipment

In addition the following items will be required for each Team.

- Tent(s)
- Trangia stove and fuel
- Washing up kit: sponge pad & washing up liquid
- Penknife
- Toilet paper
- Tea towel
- Plastic bags for rubbish
- Repair kit (needle & thread, spare bootlaces and duck tape)
- Team First Aid Kit
- Maps of expedition areas for each team member
- Compass for each team member
- Map case for each team member
- Route cards
- Watch – preferably digital
- Mobile phone (fully charged and with minimum of £10.00 credit!)