



# Expedition Kit



## Personal Kit

Try not to pack too much and share items between your group where possible, such as toiletries (do you all need to bring a toothpaste?). In short, you need enough clothing to cover the duration of your expedition taking into account the weather forecast.

ITEM	NOTES	PACKED	ITEM	NOTES	PACKED
<b>Walking boots</b>	Make sure you break these in before the expedition to avoid blisters.		<b>Gloves</b>	Optional – dependant on time of year.	
<b>Walking Trousers (not Jeans or shorts)</b>	Quick drying lightweight trousers or sports leggings. 2 pairs	-	<b>Warm hat</b>	Even in the summer it can get chilly at night.	
<b>T Shirts</b>	Quick drying sport type t shirts are ideal but if not just normal cotton T shirts. 2-3		<b>Sun hat</b>	A wide brimmed hat that helps cover the back of your neck is best.	
<b>Thermals</b>	Optional – a set can be useful if you feel the cold and could be used to sleep in.		<b>Nightwear</b>	If taking thermals could use those else could wear long sleeved t shirt/ fleece and clean set of trousers or leggings for example to keep weight down using clothes you have.	
<b>Fleeces</b>	Not sweatshirts/ hoodies. 1 to wear one spare.		<b>Flipflops or Crocs</b>	Optional – can be nice to give your feet a break from the boots at the campsite. <b>Boots must be worn when cooking though to help protect from scalds.</b>	
<b>Walking socks</b>	Proper walking socks a must. 2-3 pairs		<b>Suncream/aftersun</b>	Could share between your group so you don't all have to pack this.	
<b>Underwear</b>			<b>Girls – Sanitary Items</b>	Please ensure you bring any required sanitary items and some small disposal bags.	
<b>Waterproof Jacket</b>	Waterproof not showerproof – Essential item, must be packed even if weather looks sunny.		<b>Toiletries/small towel</b>	There are no showers for Bronze and possibly not for Silver so toiletries can be kept to a minimum. If bringing a towel, a very small microfibre towel is best. Wipes are useful to freshen up and hand sanitser is good to pack.	
<b>Waterproof trousers</b>	Essential item, must be packed even of weather looks sunny.		<b>Insect Repellent</b>	Small travel sized could be shared between your group.	

## Personal Kit.....Continued

ITEM	NOTES	PACKED	ITEM	NOTES	PACKED
<b>Personal Medication</b>	Ensure you have any required medication for the duration of your trip.		<b>Washing up liquid</b>	Pop some in a small little travel bottle. Share this between your group to save you all bringing one.	
<b>Personal First Aid Kit</b>	It is mandatory that each participant carries small personal first aid kit. Don't forget some Blister plasters also.		<b>Pan scourer</b>	Yes - you will be doing your own washing up. A couple between your group should be fine.	
<b>Sleeping bag</b>	Place in black bin bag to ensure this is kept dry		<b>Tea towel</b>	Again a couple between your group would be sufficient, so work out who will bring what.	
<b>Sleeping Mat</b>	Foam mat or self-inflating – no air beds. Place in black bin bag to ensure this is kept dry		<b>Torch or head torch</b>	Don't forget a set of spare batteries	
<b>Rucksack</b>	65 – 70l – <b>ensure you line with a black bin bag or rubble sack to keep contents dry as they aren't generally waterproof even with provided cover.</b>		<b>Extra Plastic bags/ black bin bags</b>	For wet or dirty items or rubbish	
<b>Power bank &amp; cable for phone charging</b>	There will be no electric to charge phones at the campsite. Could be shared item with other group member/s.		<b>Watch</b>		
<b>Small notebook/pen or pencil</b>			<b>Whistle</b>	Some backpacks have these integrated.	
<b>Plate, Bowl, Mug</b>	Or a mess tin which can be used as either a plate or a bowl. Lightweight items		<b>Water bottle/s – to carry 2L</b>	Bottles or water bladder – <b>It is mandatory that participants carry 2L of water. 2 x 1 litre bottles is better than one 2 litre bottle as these fit better in backpack side pockets.</b>	
<b>Knife, Fork &amp; Spoon</b>	Or a spork		<b>Tissues</b>	Ensure these are suitably disposed of and you do not litter.	
<b>Food/Snacks/ Emergency rations</b>	<b>For the duration of your trip there will be no shopping or takeouts. What can you cook as a group and share carrying?</b>				

# Group Kit

ITEM	NOTES	PACKED	ITEM	NOTES	PACKED
Tent	THIS WILL BE PROVIDED BY AZARIAS		Map Case	PROVIDED BY SCHOOL	
Stove/Fuel	THIS WILL BE PROVIDED BY AZARIAS This includes cooking pans		Compass	PROVIDED BY AZARIAS	
O/S Maps	THESE WILL BE PROVIDED BY AZARIAS		Tick Remover	PROVIDED BY SCHOOL	
Survival Bag	PROVIDED BY SCHOOL – 2-3 PER GROUP				
Matches	Keep in a waterproof container. Do you all need to bring these maybe just 2 of your expedition group?				

# Optional Kit

ITEM	NOTES	PACKED	ITEM	NOTES	PACKED
Camera	Or can use phone		Small travel/card game	To play with your group in the evening.	
Gaiters	To go over walking boots and bottom of legs.		Neck Buff	Good for warmth or to keep sun off neck or head. Can be soaked in water to keep yourself cool also.	
Small quantity of money	For a treat if a shop at the end of the expedition.		Sunglasses		
Tin opener	Try and avoid bringing food in tins as can be quite bulky.		Spare boot laces		
Shorts	For campsite – Best to wear long trousers for walking.		Sleeping Bag Liner	Can provide an extra layer of warmth if required.	
Small thermos flask	For hot drinks or soup				