



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
Walking boots	Boots with good ankle support. Make sure to break these in before the expedition to avoid blisters.		Gloves	Optional – dependant on time of year.	
Walking Trousers (not Jeans or shorts)	Quick drying lightweight trousers or sports leggings. 1-2 spare pairs	-	Warm hat	Even in the summer it can get chilly at night.	
T Shirts	Quick drying sport type t shirts are ideal but if not just normal cotton T shirts. 2-3		Sun hat	A wide brimmed hat that helps cover the back of your neck is best.	
Thermals	Optional – a set can be useful if you feel the cold and could be used to sleep in.		Nightwear	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.	
Fleeces	Not sweatshirts/ hoodies. 1 to wear one spare.		Flipflops or Crocs	Optional – can be nice to give your feet a break from the boots at the campsite. Boots must be worn when cooking though to help protect from scalds.	
Walking socks	Proper walking socks a must. 2-3 pairs		Suncream/aftersun	Could share between your group so you don't all have to pack this.	
Underwear			Girls – Sanitary Items	Please ensure you bring any required sanitary items and some small disposal bags.	
Waterproof Jacket	Waterproof not showerproof – Essential item, must be packed even if weather looks sunny.		Toiletries/small towel	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.	
Waterproof trousers	Essential item, must be packed even of weather looks sunny.		Insect Repellent	Small travel sized could be shared between your group.	

Personal Kit.....Continued

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

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 group do.				

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 (no shopping during though)		Sunglasses		
Tin opener	Try and avoid bringing food in tins, if possible, 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		Walking Poles	Not essential, but some have found them useful for Silver expeditions.	