

A campsite in a pine forest at sunrise. Several tents are set up on a grassy clearing, with tall pine trees in the foreground. The sun is rising behind the trees, casting a warm glow and creating lens flare. In the background, a misty lake and forested hills are visible under a clear sky.

# 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>	Boots with good ankle support. <b>Make sure to break these in before the expedition to avoid blisters.</b>		<b>Gloves</b>	Optional – dependant on time of year.	
<b>Walking Trousers (not Jeans or shorts)</b>	Quick drying lightweight trousers or sports leggings. 1-2 spare 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 sanitiser is good to pack.	
<b>Waterproof trousers</b>	Essential item, must be packed even if 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
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. <b>Don't forget some Blister plasters also.</b>		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 – <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>		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 – <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>	
Knife, Fork & Spoon	Or a spork		Tissues	Ensure these are suitably disposed of and you do not litter.	
Food/Snacks/ Emergency rations	<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	<b>THIS WILL BE PROVIDED BY AZARIAS</b>		Map Case	<b>PROVIDED BY SCHOOL</b>	
Stove/Fuel	<b>THIS WILL BE PROVIDED BY AZARIAS</b> This includes cooking pans		Compass	<b>PROVIDED BY AZARIAS</b>	
O/S Maps	<b>THESE WILL BE PROVIDED BY AZARIAS</b>		Tick Remover	<b>PROVIDED BY SCHOOL</b>	
Survival Bag	<b>PROVIDED BY SCHOOL – 2-3 PER GROUP</b>				
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	<b>Or can use phone</b>		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	<b>For a treat if a shop at the end of the expedition (no shopping during though)</b>		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.	