



Expedition kit list

Your personal check list...



Supplied by you

Remember to line your bag-

The rucksacks are only showerproof!

Keep items dry in plastic bags!

- Boots & spare laces or sports trainers
- Camera/ phone (for project - photos)
- Cutlery, plate and cup - Only plastic allowed
- Emergency rations - (labelled) - hot Drink, meal and Snack
- First aid kit / Sun cream / Personal medicine
- Food - labelled in bags -(No fresh meat)
- Gloves - if cold
- Hat (for sun and cold)
- Wash kit (Small)
- Plastic bags for rubbish/keeping things dry
- Matches (waterproof) not a lighter
- Money (several 20p coins for phone)

- Pencil & paper (for assessment)
- Lip Balm
- Sleeping Mat
- Sleeping Bag
- Thermals - if cold
- Jumper or fleece
- Trousers - (no jeans)
- Underwear
- T-shirt
- Socks / plus extra pair
- Torch/Spare bulb & batteries
- Small Towel- tea towel sized
- Water container- Min 2 litres
- Water proof top (light weight)
- Waterproof trousers
- Washing up Liquid/Cloth

Optional

- Tin opener - Only 1 tin per person
- Flip-flops
- Covid- 19 kit**
- Hand Sanitizer
- Face Visor and mask

Supplied by us

- Compass
- Fuel bottles / Gas
- Maps
- Rucksack
- Tent
- Trangia - cooker with pots

Rucksack reminders!...

NO Fresh Food as it will go off. There is no fridge! Fresh meat, dairy or fish will be taken off you to prevent food poisoning. Only Packet or tinned meat- 1 tin per person.

THINK Weight! Lighter bags easier expedition!

- Eliminate unnecessary items. Pack Mini items
- Line rucksack with black bag or put items in carrier bags.
- Light items at the bottom, heavy items at the top; soft things to your back, Uncomfortable things to the outside
- Items not being used should be carried inside the rucksack (except sleeping mat)
- Items required on route should be accessible
- The weight of the rucksack including fuel and water should be approximately ¼ of your body weight.

DOUBLE CHECK YOU HAVE NOT LEFT ANY IMPORTANT ITEMS BEHIND