

EXPEDITION KIT LIST



TO BE WORN WHEN WALKING

- ⊕ Pair walking boots (broken in)
- ⊕ Pair walking socks
- ⊕ Thermal top / T-shirt
- ⊕ Shirt
- ⊕ Sweater or waterproof jacket
- ⊕ Walking trousers (**NOT** jeans)

KIT TO BE CARRIED BY YOU

- ⊕ Large rucksack (55-65litre capacity)
- ⊕ Large plastic bag (to line your rucksack)
- ⊕ Sleeping mat
- ⊕ Sleeping bag
- ⊕ Box of matches in dry container
- ⊕ Sunhat & sun cream (if appropriate)
- ⊕ Small quantity of money
- ⊕ Personal first aid kit
- ⊕ Notebook & pen/pencil
- ⊕ Torch & spare battery
- ⊕ Emergency food rations
- ⊕ Spare walking trousers
- ⊕ Spare sweater/jumper
- ⊕ Knife, fork, spoon
- ⊕ Small pocket knife
- ⊕ Small wash kit
- ⊕ Small towel
- ⊕ Waterproof jacket
- ⊕ Spare underwear
- ⊕ Walking socks
- ⊕ Pair of trainers
- ⊕ Sweatshirt
- ⊕ pair of gloves
- ⊕ Wool hat
- ⊕ T-Shirts
- ⊕ Watch
- ⊕ Whistle
- ⊕ Map
- ⊕ Compass
- ⊕ Mug
- ⊕ Water bottle
- ⊕ Plate/bowl

KIT TO BE CARRIED BY GROUP

- ⊕ Tents
- ⊕ Stoves & fuel
- ⊕ Cooking pots
- ⊕ Scourers
- ⊕ Tea towels
- ⊕ Plastic bags
- ⊕ Food

