



Expedition Kit List

**Items lent by the school to all students

*Items which can be lent by the school, subject to availability

Clothing:-

- Walking boots*
- Socks (2 pairs of thinner socks and two pairs of thicker socks.)
- 2 t-shirts
- 1 or 2 jumpers, hoodies or fleece tops
- 1 or 2 pairs of walking trousers or tracksuit trousers or leggings (not jeans)
- Underwear
- Nightwear
- Flip-flops/trainers/sandals (optional – for the campsite)
- Warm hat or sunhat (as appropriate)
- 1 pair of gloves (if appropriate)
- 1 pair of shorts (optional)
- Waterproof over trousers*
- Waterproof jacket with hood*

Personal Kit:-

- Map, map case & compass**
- Large rucksack (65 litres or so)*
- Strong plastic bags to keep spare clothes dry inside the rucksack
- Sleeping bag (2 or 3 season)*
- Sleeping mat*
- Cotton sleeping bag liner (to save washing your sleeping bag so often)*
- Empty pillow case (put your jumper in it and use it as a pillow)
- Whistle (many rucksacks, including those lent by the school, have a whistle built in)
- Torch with batteries (or wind up)
- Personal first aid kit (some plasters including blister plasters are sufficient – Compeed blister plasters are best).
- Expedition food for two lunches, hot evening meal and breakfast, plus snacks and emergency rations (meal planning and carrying can be shared within the group)

- Water bottle (500ml or 1 litre)
- Cutlery (an old knife, fork & spoon from home are fine)
- Plastic plate or bowl (depending on your choice of food – you probably don't need both)
- Mug (a plastic mug or even a child's plastic beaker is fine)
- Box of matches in a waterproof container (small box of ordinary matches is fine – if it is wet and windy then we will have specialist matches available)
- Wash kit, soap, toothbrush (100ml mini airport security type bottles are easy to carry shampoo, etc) Some items like toothpaste can be shared within the group
- Sunblock
- Small hand towel

Group Kit (to carry between the team of 5 or 6):-

- Tent (lent by school – two 3 person tents per group)**
- Camping stove and 200ml gas cylinder (both lent by school – two per group)**
- Cooking pans (included within the stoves)**
- Washing up scourer and washing up liquid (again, 100ml bottles are handy here)
- Plastic bags (for rubbish, etc)
- Camera (optional)
- Mobile phones – at least 2 within the group, for emergency contact