



## Expedition Kit List

\*\*Items lent by the school to all students

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

?? Items not required this year because the expedition is non-residential – we encourage students to bring these for completeness if you have them already and can fit them in your rucksack, but not otherwise. Don't buy these specially.

### 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 or similar).

- Expedition food for two packed lunches and the hot meal on Saturday afternoon, plus snacks and emergency rations (meal planning and carrying can be shared within the group). Breakfast food not required this year – have breakfast at home on Sunday morning before you re-join the expedition.
- Water bottle (500ml or 1 litre).
- Cutlery (an old knife, fork & spoon from home are fine).
- Small wooden or plastic spoon for stirring.
- 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. ??
- Face mask for those travelling by coach between school and the Rivington area.

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.