

EXPEDITION KIT LIST

Students will need to have the following pieces of kit for the assessed expeditions. It is hoped that students will already own some of these items but we do recognise that to purchase them all would mean considerable cost. If necessary we do have a few spare pieces of kit (rucksacks, mats etc) that can be lent on request.

TO WEAR WALKING

- 1x pair Walking Boots (broken in)
- 1x pair Walking Socks
- 1x Thermal top / tee shirt
- 1x Sweater (woollen or fleece)
- 1x Walking trousers/leggings (warm; NOT jeans)

PERSONAL KIT (TO CARRY)

- 1x Large Rucksack (approximately 55-65litre capacity)
- 2x Strong, large plastic bags (to line your rucksack)
- 1x Sleeping mat
- 1x Sleeping bag (in a waterproof bag)
- 1x Watch
- Small quantity of money (optional)
- 1x Notebook & pen/pencil (for assessed expedition presentation prep)
- 1x Torch & spare battery (e.g. small Maglite or Petzl headtorch)
- 1x Emergency food rations (NOT to be eaten until the end!)
- 2x Water bottle (1 to 2 litres each)
- 1x Knife, fork, spoon
- 1x Pocket Knife (small)
- 1x Plate/bowl (lightweight)
- 1x Mug
- 1x Wash kit (small – no need to bring make-up!)
- 1x Towel (small) -Trek towels are ideal
- 1x waterproof coat (it must be waterproof and windproof)
- 2x pairs Underwear
- 2x pairs Walking socks
- 2x Tee shirts
- 1x Spare sweater (woollen or fleece)
- 1x Spare walking trousers (NOT jeans)
- 1x pair of trainers/flipflops (optional – to wear around the campsite)
- 1x warm hat (if appropriate)
- 1x pair woollen gloves (if appropriate)
- 1x pair Shorts (if appropriate)
- 1x Sunhat & sun cream (if appropriate)
- 1x Waterproof overtrousers (if forecast is wet)

GROUP KIT

You need to decide who is going to bring each of the following pieces of equipment that must be divided up and carried between each team

2x scourers for washing pots (brillo pads are good)
Washing up liquid (decanted into small plastic container)
2x Tea towels
3x Black bin bags (for rubbish etc.)
Food (small & lightweight- no tins)
Mobile phone (with emergency contact numbers stored – camera for project prep)
Matches – sealed in plastic bag
Personal first aid – plasters, anti-septic cream, paracetamol

You will also have to divide up and carry the following pieces of equipment which we will provide:

2-3 Tents (depending on group size)
2-3 Trangia Stoves with cooking pots
Bottle of stove fuel
Map and map case
1 Compass
1x First Aid Kit
Route cards
1x Whistle