

EXPEDITION KIT LIST

Note: if you have your own rucksack, sleeping bag or roll mat you are welcome to provide it.

WHAT WE SUPPLY FROM OUR STORES

- Sleeping Bag
- Roll Mat
- Rucksack (65 litres for DofE, 40 litres for Standard exped)
- Rucksack Liner (heavy-duty waterproof bag)
- Tent inner, outer, poles, pegs, bags
- Group shelter
- Food for all meals (main meals only)
- Spork (multi-purpose cutlery)
- Map
- Route Cards (prepared in advance)
- Compass
- First aid kit
- Emergency Card (issued at start of expedition)
- Sun cream (if needed!)

DofE groups only:

- Stove, Pans, Handle
- Fuel and lighter
- Pan Washing Kit

WHAT YOU NEED TO SUPPLY

- Boots (with vibram-type sole, and preferably with ankle support)
- 3 pairs of thick socks (loop-stitch walking socks are best)
- 2 pairs walking trousers (quick-drying – **not** jeans – spare pair can be shorts)
- 2 shirts (long-sleeved, preferably synthetic, preferably not cotton)
- Fleece (or woollen jerseys – sweatshirts/hoodies not ideal)
- Waterproof Jacket (attached hood, taped seams)
- Waterproof Trousers (taped seams, preferably with ankle zips)
- Hat and gloves
- Wash Kit (toothbrush & toothpaste) and personal medication
- Watch
- You can bring additional snacks, but be aware of litter, weight and bulk

OPTIONAL ITEMS

- Insect Repellent
- Cards/games
- Mug (for hot drinks)
- Plate (DofE groups can use Trangia pans)
- Mobile phones – note a separate policy on these will be issued.