

# BRONZE WALKING EXPEDITION KIT LIST

(for a two day expedition)

Personal Equipment (note items marked with \* can be supplied from our stores – however supplying your own does help us !)

- Sleeping Bag\* (synthetic filling safer in the wet than down)
- Roll Mat\* (or Thermarest)
- Rucksack\* (65+ litres)
- Rucksack Liner\* (heavy-duty waterproof polythene bag)
- Waterproof Bags (for isolating wet and dry kit & clothing in the pack)
- Boots\* (with vibram-type sole, and preferably with ankle support)
- 3 pr Thick Socks (loop-stitch walking socks are best)
- 2 Trousers (quick-drying – **not** jeans)
- 2 Shirts (long-sleeved, preferably synthetic, preferably not cotton)
- 2 Fleeces (or woollen jerseys – sweatshirts/hoodies not ideal)
- Waterproof Jacket\* (attached hood, taped seams)
- Waterproof Trousers\* (taped seams, preferably with ankle zips)
- Warm Hat
- Gloves
- Sun Hat (summer only)
- Sun Glasses (summer only)
- Wash Kit (toothbrush & toothpaste)
- Personal 1<sup>st</sup> Aid Kit (plasters, safety pins, blister kit, Compede, spare boot lace)
- Emergency Card\* (issued at start of expedition)
- Notepaper & Pencil (in a zip-loc bag)
- Watch
- Spoon

## Tent Group Equipment

- Tent\* (inner, outer, poles, pegs, bags)
- Stove, Pans, Handle\* (gas/meths only – no petrol stoves)
- Fuel\* (distributed only at start of expedition)
- Pan Washing Kit (scourer)
- Matches/Lighter (waterproof)
- Food (high calories, not tins, bottle or glass – no pot noodles)
- Map\*
- Map Case\*
- Route Cards\* (prepared in advance)
- Compass\*
- Torch & Batteries
- Mobile Phone (in a zip-loc bag)

## Expedition Group Equipment

- Group Shelter\*
- Group 1<sup>st</sup> Aid Kit\*
- Pen-knife
- Camera (waterproofed)
- Insect Repellent
- Sun Cream (factor 30+)

## Optional

- Playing Cards
- Mug (for hot drinks)
- Plate (can use Trangia pans)
- Knife (usually a spoon/spork is enough)

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### **ADDITIONAL KIT FOR CAMPS WITH A BASE – e.g. TALLY/BUNKHOUSE/YHA**

- Clothes – separate from expedition clothes
- Hold-all
- Alarm Clock
- Book, games
- Pyjamas
- Shower Gel
- Towel