

Suggested Kit List

Personal Kit List

Walking boots

2 sets of clothing

- Suitable trousers- not jeans/cords
- 3 layers for top: t-shirt/light fleece/heavy fleece
- Socks /underwear

Large rucksack: approx. 65 litres

Rucksack liners- rubble sacks work well

Hat/scarf/gloves

Waterproof jacket/trousers

Water bottle (1 litre minimum)

Torch with new batteries & spare batteries/spare torch

Survival bag (not Bronze)

Emergency rations (not Bronze)

A sleeping mat

Sleeping bag

Spare clothes to sleep in (thermals & spare hat & gloves)

Toiletries

KFSMP (Knife, fork, spoon, mug, plate- **an insulated mug is a good idea**)

Matches in waterproof container

Personal medication & blister plasters

Group Kit List

A first aid kit

A fully charged mobile phone which should be switched off and only used in emergencies

At least two maps (compass/whistle) (provided by school)

Tents

Stoves

Washing up kit - wire wool/washing up liquid/tea towel

Lighter

Bags for rubbish

Wooden spoon/slotted spoon/small plastic sieve (for cooking/draining)

Watch

Food

Snacks

Meals

- Bronze- 2 lunches/1 evening meal/1 breakfast
- Silver- 3 lunches/ 2 evening meal/2 breakfast
- Gold- 4 lunches/3 evening meals/3 breakfast
- **In addition when expeditioning in the Autumn and Spring, participants should bring a set of thermals, additional hat/gloves/socks for camping as night time temperatures may be quite low. In addition they may wish to bring a hot water bottle.**