

Expedition Kit List

Tick	
	walking boots (with ankle support and good sole grip)
	walking socks (consider liner socks)
	loose fitting walking trousers (not cotton)
	underwear
	T shirts (not cotton)-1 always spare in DRYBAG)
	pullover or fleece (not cotton)-1 always spare in DRYBAG)
	waterproof and windproof jacket (taped seams)
	waterproof over-trousers (taped seams)
	warm wooly hat, gloves
	sunhat (bucket or wide brim type)
	rucksack (65litre minimum)
	sleeping mat
	2 x 1 litre bottle
	sleeping bag (3 season preferred)
	torch (preferably head torch)+ spare batteries
	drybag heavy duty gardening sacks/rucksack liners
	spoon, bowl
	whistle
	sun block
	matches (keep in DRYBAG)
	Watch (essential for judging distance)
	Pan scourer/soap
	Personal First-Aid Kit (Keep in DRYBAG)
	sufficient personal medication as per medical form

PLEASE TICK OFF EACH ITEM AS YOU CHECK IT IN TO YOUR BAG, WHEN PACKING. The List will be the last thing you pack in your bag. A kit check will take place before the expedition starts and participants who do not have items on the list will not be permitted to take part.

I have checked all the items above and confirm that I have brought the equipment above.

Signed

Date.....

Print Name.....

Group No.....

Please note that it is our policy that no personal mobile phones are permitted.