

PERSONAL EQUIPMENT

(to be carried by each individual)

- Boots (broken in) + spare laces
- Socks
- Shirts/T Shirt
- Sweater/fleece
- Trousers (NOT jeans)
- Underwear
- Trainers (optional)
- 1 x complete change of clothing
- Extra warm clothing +hats/gloves
- Sun hat and sun cream (if appropriate)
- Shorts (if appropriate)
- Waterproof jacket/coat
- Waterproof trousers (if appropriate)
- Gaiters (optional)
- Large rucksack (55-65 litre Capacity)
- Strong, large plastic bag (to line rucksack)
- Sleeping bag
- Sleeping mat
- Small sum of money (optional)
- Knife, fork, spoon
- Plate/bowl
- Mug
- Soap, towel + toiletries (small)
- Tooth brush and tooth paste
- Toilet paper
- Map(s)
- Compass
- Watch
- Torch and Spare Bulb and Battery
- First aid kit (personal)

- Whistle
- Coins/card for telephone
- Notebook, pen, pencil and sharpener
- Water bottle
- Expedition Safety card
- Bivvy bag (optional at Bronze)
- Emergency food rations
- Matches
- Camera and film (optional)

GROUP EQUIPMENT

(to carry between the team)

- Tents
- Stoves (and fuel)
- Matches (sealed in a dry container)
- Cooking pots (if not part of stove)
- Soap pads or sponge with abrasive pad
- Washing-up liquid
- Tea towels
- Water container
- Food (small and lightweight)
- Trowel (if appropriate)
- Route card(s)
- Map cases
- Pack of cards/small game (optional)
- Plastic bags (for rubbish etc.)