

Bronze Kit List

Clothing

Got it	Packed it	Item needed	Notes
		Walking boots	Need to be waterproof, offer good grip and ankle support, and fit you.
		2 pairs walking socks	Thicker socks to give extra padding and comfort. Synthetic/wool are good.
		2 pairs liner socks (optional)	Wear under walking socks to prevent rubbing. Avoid cotton if possible.
		Base layer x2	Thermal top/sports top/t-shirt
		Mid layer	Thin fleece/jumper/sweatshirt
		Walking trousers	Loose and comfortable. Avoid jeans or cotton joggers - if wet, they get cold and heavy.
		Underwear	Enough for two days
		Warm hat	It might be cold in the evening, even in summer.
		Gloves	
		Waterproof overtrousers	Essential!
		Waterproof coat/jacket	Essential!

Personal kit

Got it	Packed it	Item needed	Notes
		Rucksack	50-65 litres
		Rucksack liner	Heavy duty plastic or roll top dry bags. Avoid bin bags.
		Sleeping bag	Must be kept dry. Put in separate waterproof dry bag. No bin bags.
		Sleeping mat	Foam rollmat or self-inflating mat
		Stuff bags	Great for organising clothing/emergency kit
		Whistle	
		Torch	LED head torches ideal. Check batteries.

		Personal first aid kit	
		Emergency food rations	Separate to your planned meals. Not to be consumed, except in an emergency.
		Water bottles	1x 1 litre bottle – e.g. Squash bottle 1x Soft bottle with hose – eg Platypus
		Spork	Knife, fork and spoon all in one.
		Plate/bowl	Plastic or enamel.
		Mug	Plastic or enamel
		Box of matches	Put in plastic bag to keep dry
		Wash kit	Toothbrush & paste. Alcohol gel for hands.
		Notebook & pencil	For project work
		Watch	Preferably one with an alarm to wake you up in the morning
		Sun screen	

Group kit (to carry between the team)

Got it	Packed it	Item needed	Notes
		Scourers / Brillo pads	
		Washing-up liquid	Tiny bottle
		Tea towel	For drying kit
		Carrier bags	For rubbish
		Toilet paper	Put in plastic bag
		Camera (optional)	For group project
		Gaffa tape	Small roll / small amount wound round a pencil.