

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.
		3 pairs walking socks	Thicker socks to give extra padding and comfort. Synthetic/wool are good.
		3 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 x 2	Thin fleece/jumper/sweatshirt.
		Walking trousers	Loose and comfortable. Avoid jeans or cotton joggers - If wet, they get cold and heavy.
		Thermals	To sleep in/in extreme weather conditions
		Underwear	Enough for two days
		Warm hat	It might be cold in the evening, even in summer.
		Gloves	Waterproof ski mittens/gloves recommended plus a thin base pair for autumn expeds.
		Waterproof overtrousers	Essential!
		Waterproof coat/jacket	Essential!
You must always have a dry set of clothing to get warm in the evening – keep them well waterproofed			

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	
		Water bottles	1x 1 litre bottle – e.g. Squash bottle 1x Soft bottle with hose – e.g. 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	Tooth brush & paste. Alcohol gel for hands/baby wipes/travel towel/soap bar
		Notebook & pencil	For project work
		Watch	Waterproof/sports
		Sun screen.	Even in cold weather conditions

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.