

Walking Kit List

If unsure of any items, please query. You will be provided with a tent and Trangia

Compulsory Items

Item	Description	Got it	Packed it
55-60litre Rucksack	An expedition rucksack that must be able to carry all equipment as well as have suitable support and strapping. These are not sports bags or holdalls. If unsure query.		
Walking Boots	Ensure they are a good fit and that they are waterproof		
Waterproof Jacket	Does not have to be Goretex but must have taped seams and must do up		
Waterproof over trousers	As above – they must cover your legs		
Sleeping bag	3 season sleeping bag which must be in a waterproof bag		
Roll mat/sleeping mat	Closed self-foam or self-inflating – yoga mats won't work		

Essential Items: These are necessary for a successful expedition

Item	Description	Got it	Packed it
Walking socks – 2 pairs	Not cotton		
Technical T Shirts x2	Not cotton		
Fleece			
Walking trousers	Not cotton or tracksuit bottom style. They must be light weight and suitable for all weather conditions		
Underwear			
Nightwear/Pj's	Lightweight but suitable		
Water Bottles/Hydration Bladder	Must be a total of a 2-litre capacity		
Bowl			
Fork, knife & spoon			
Mug			
Head Torch	Spare batteries just in case		
Personal first aid kit and insect repellent	Including blister plasters and personal medication		

Weather dependent items: Students should ensure they look at the weather forecasts before the expedition, so they have suitable items.

Item	Description	Got it	Packed it
Warm hat	Woollen or fleece		
Gloves	Lightweight pair		
Sun Glasses			
Sun Cream			
Sun Hat			

Non-essential items: Up to you

Item	Description	Got it	Packed it
Wash Kit	Toothbrush, toothpaste, wet wipes and deodorant is all that is required		
Flip flops	In camp after cooking only		

Group kit: Items that may be shared among the group in addition to tent and fuel

Item	Description	Got it	Packed it
Notebook & pencil	To be kept in a plastic bad to keep them dry		
Watch	Preferable 2 per group		
Toilet paper	One roll should be enough!		
Small amount of washing liquid & scourer	To wash up after you have eaten		
Zip lock bags/bin bags	For rubbish and waterproofing small items		
Food	In addition to personal snacks choices the team will plan a menu and share food out among the group to carry. Chewing gum is not allowed!		