

# Expedition Kit List

## PERSONAL KIT (TO CARRY)

- 1 x Large Rucksack (approx.. 55 – 65 litre capacity) when fully loaded to be NO MORE than 1/3<sup>rd</sup> body weight – remember, YOU have to carry this ALL expedition)
- 1 x Rucksack Liner (2 sturdy plastic bags – one inside the other)
- 1 x Sleeping Mat (roll up foam (cheapest))
- 1 x Sleeping Bag (strongly recommend a 2/3 season mummy style bag)  
Down bags are lighter, easier to pack than synthetic bags, but are more expensive
- 1 x Waterproof Bag – for storing your Sleeping Bag (nothing worse than a wet sleeping bag)
- 1 x Sleeping Bag Liner (linen or thermal – optional, but helps keep your bag clean and dry and YOU warm)
- 1 x Water Bottle (minimum 2 litres required per day) the type that flatten as they empty are a better option as they take up less space
- 1 x Knife, Fork, Spoon (ideally plastic or lightweight metal)
- 1 x Plate / Bowl / Mess tin (depending on what food you have planned)
- 1 x Mug
- 1 x Small Wash Kit (toothbrush / toothpaste / wet wipes / (liquid) soap)
- 1 x Small Towel (not bath towel)
- 1 x Lightweight Coat (must be waterproof and windproof)
- 1 x pair of Waterproof Trousers
- 1 x pair Gaiters (optional but will save your trousers and socks from excessive mud and water)
- 1 x pair Underwear for each day of expedition
- 1 x T-shirt for each day of expedition
- 1 x pair Walking Socks for each day of expedition
- 2 x pair Sock Liners (as spares)
- 1 x Shirt (woollen / fleece) or 1 x Spare Sweater (woollen / fleece) – as long as it's a good quality warm top
- 1 x Hat (warm)
- 1 x pair Gloves (woollen)
- 1 x pair of spare Bootlaces
- 1 x Sun hat
- Suncream
- 1 x Notebook and permanent marker pen (thin nib) and pencil
- 1 x Torch – preferably a Head Torch (so you can keep your hands free) + Spare Batteries (kept in warm dry place)
- 1 x Personal First Aid Kit with all medication YOU personally require
- 1 x Wrist Watch (ensure that your group has at least 2 watches within it)
- 1 x Whistle
- 2 x Mobile phones per group (ideally on different networks) – make sure they have plenty of credit and are fully charged
- Emergency Food Rations (NOT to be eaten until the end!)

## **GROUP KIT (to carry between the team)**

Group First Aid Items (as per our presentation)

2 x Pan Scourers

1 x Tea Towel

Tin Opener

Stirrer to stir / prepare your food in the pots

1 x Box of Matches (sealed in a waterproof container) or a lighter

Camera (*optional but recommended*)

## **THE ITEMS BELOW ONLY ARE PROVIDED BY OCC DofE**

- Tent (+ pegs + poles)
- Camping Stove + Fuel
- Cooking Pots
- Map
- Compass
- Map Case
- Survival Bag

## **TO WEAR or CARRY WHILST WALKING**

1 x pair Walking Boots (waterproofed and well broken in) (leather are a much better option than fabric)

1 x pair Walking Socks

Sock Liners as required (*optional but recommended to avoid blisters*)

1 x Walking Trousers – warm, NOT jeans or tracksuit bottoms)

1 x Thermal top or T-shirt (preferably NOT cotton)

1 x Sweater (woollen or fleece)

## **GOOD ADVICE**

- A clean pair of socks + a clean set of underwear + a clean t-shirt per day are sufficient
- Trousers that get wet or dirty on day 1 will be OK to wear on day 2 if they are 'proper' walking trousers – a spare pair is not necessary on a 2 day expedition as you will have your waterproof trousers as well
- Night wear should be the clothing you will wear the following day – pyjamas are a luxury!
- Always have a good WARM fleece / jumper you can put on when you stop or at night
- Excessive toiletries / large towels / electrical items are luxuries ( you probably will not be able to use) that add to your pack weight
- Jeans / tracksuit bottoms and cotton items absorb water – these will not dry out and will be a) heavy to carry and b) cause chafing and soreness when wet

## **REMEMBER**

You may well finish your expedition in need of a good bath and your kit in need of a good wash, however you will have carried much less in your pack and have had a much more enjoyable experience as a consequence (honest ☺ )