

EQUIPMENT

For more detail see equipment list notes on website where highlighted – click to access relevant website page in each case.

Footwear

Walking Boots	ESSENTIAL	vibram soled
Flip-flops	recommended	
Socks	ESSENTIAL	3 pairs
Gaiters	recommended	useful for keeping your feet dry and trousers clean when walking through wet grass and other vegetation or boggy areas.

Clothing

Base Layer

T-shirt / polo shirt	ESSENTIAL	2 (1 being part of your change of clothing items)
Underwear	ESSENTIAL	personal preference (one being part of your change of clothing items)

Mid layer

Sweatshirts / jumpers / fleeces / hoodies	ESSENTIAL	for example, 1 x 200 weight fleece jacket with full front zip + 2 x 100 weight fleece jumpers (one being part of your change of clothing items)
Walking trousers / tracksuit bottoms	ESSENTIAL	2 pairs (1 pair being part of your change of clothing items). NOT JEANS

Outer layer

Waterproof top	ESSENTIAL	Waterproof jacket with hood
Waterproof trousers	ESSENTIAL	Waterproof over trousers
Gloves	ESSENTIAL	preferably waterproof
Warm hat	ESSENTIAL	
Sun hat	recommended	

Change of clothing	ESSENTIAL	See above. Keep in plastic bag or drybag
Handkerchiefs	recommended	

Personal Kit

Rucksack	ESSENTIAL	Limited number available from your school, check availability, condition, capacity and that it fits your body size.
Rucksack liner	ESSENTIAL	Heavy gauge poly bag or drybag
Rucksack rain cover	recommended	
Sleeping bag	ESSENTIAL	Carried in an additional waterproof bag (heavy gauge poly bag).
Sleeping bag liner	recommended	silk is the best for warmth, cotton ones are cheaper
Sleeping mat	ESSENTIAL	carry in a plastic bag and keep it dry.
Compass	ESSENTIAL	long base – e.g. Silva
Map	ESSENTIAL	1:25000 scale (provided for training and practice expedition)
Map case	ESSENTIAL	Ortleib make the best ones

Route card	ESSENTIAL	
Personal first aid kit	ESSENTIAL	see first aid section for “ouch pouch”
Water container	ESSENTIAL	2 x 1 litre bottles or equivalent
Torch & spare batteries	ESSENTIAL	a head torch is best
Walking poles	recommended	
Washing kit	ESSENTIAL	soap, toothbrush and toothpaste minimum
Eating utensils	ESSENTIAL	a Spork is a combination of all three
Emergency food rations	ESSENTIAL	Must be kept for an emergency and not eaten until the end of the expedition. Made up of a mixture of hot and cold snacks (approx 1000 kcal in total)
Track snacks	ESSENTIAL	Not to be confused with emergency food rations. Track snacks need to be eaten throughout the journey to help keep energy levels up. Sweets, chocolate bars, dried fruit and nuts etc (1000 to 1500 kcal/day)
Pencil and notebook	recommended	for recording – aim and journal
Vacuum flask	optional	Use an unbreakable type. Can be used for carrying soup or hot drink made before leaving camp site.

Group Kit

Tent	ESSENTIAL	Limited number available from your school, check availability and condition
Camping stove and pans	ESSENTIAL	Trangia set - Limited number available from your school, check availability and condition
Camping stove fuel	ESSENTIAL	Correct fuel for stove MUST be carried in an appropriate and safe container – Check that you have sufficient fuel for you needs
Box of matches	ESSENTIAL	Must be kept in a waterproof container (waterproof matches are available as an option).
Group first aid kit	ESSENTIAL	You will be provided with a group first aid kit for your training and practice expedition
Food	ESSENTIAL	
Washing up materials	Recommended	particularly Brillo pads
Trowel	Recommended	Toilet trowel, not a garden trowel. Needs to be lightweight.
Antibacterial hand cleanser	Recommended	Useful after using the trowel and loo paper and before eating food on the journey between camp sites. Small 65ml size available and can be shared by two to three people.
Mobile phone	ESSENTIAL	Two mobile phones carried within the group is sufficient and will keep the weight down. Only for use in an emergency. Make sure the battery is fully charged.
Watch	ESSENTIAL	
Camera	Recommended	To help with the project aspect of the expedition, make sure batteries are charged
Boot laces (spare)	Recommended	Alternatively could be some thin nylon cord