

The equipment list below is compulsory - please make sure you have everything on this list. You will get more information during your training sessions.

Use this as a check list when you are packing your rucksack.

Clothing

- ☐ Boots with ankle support and ideally waterproof- walking trainers are not allowed.
- ☐ Socks x3.
- ☐ Underwear.
- ☐ Thermal base layer - not cotton x 2. Thermal bottoms are useful but not essential.
- ☐ Trousers x2. Tracksuit bottoms or walking trousers (no jeans).
- ☐ Warm layers x 2. Fleece tops are ideal (no cotton hoodies or sweatshirts)
- ☐ Warm hat to cover ears.
- ☐ Warm gloves.
- ☐ Waterproof jacket with hood and taped seams (Canterbury tops are not waterproof and waterproof golf jackets are not usually suitable).
- ☐ Waterproof trousers with taped seams (Canterbury bottoms are not waterproof).

Personal and Emergency Equipment

- ☐ Map (will be provided but must be brought on expedition).
- ☐ Compass.
- ☐ Waterproof cover (a poly-pocket will suffice if taped up).
- ☐ Watch (this is essential).
- ☐ Torch (with spare batteries).
- ☐ Emergency food rations (usually spare chocolate/cereal bars).
- ☐ Personal medication - medication stated on permission forms must be brought.
- ☐ Camera (optional).
- ☐ Suncream.

Personal Camping Equipment

- ☐ Rucksack - approximately 60 litres in size.
- ☐ Waterproof liners for inside your rucksack. These can be strong bin bags or similar.
- ☐ Sleeping bag - this must be in a waterproof bag. Stuff sacks that sleeping bags come in are not waterproof.
- ☐ Sleeping mat.
- ☐ Toiletries (minimum for length of expedition).
- ☐ Toilet paper (do not bring an entire roll).
- ☐ Mug and plate/bowl, knife, fork and spoon.
- ☐ Water bottle - must be able to carry at least 1 litre of water.
- ☐ Litter bags - take a few small ones rather than one big bin bag. A small roll of medium/large food bags usually work well.
- ☐ Food - Lunch, dinner and breakfast. Consider sharing food with your tent group, particularly for anything that is being cooked.
- ☐ Snacks.

Group Equipment

- ☐ Bivvy bag (large orange polythene bag for emergency survival)*
- ☐ Tent*
- ☐ Trangia gas stove and gas*
- ☐ First Aid Kit*
- ☐ Trowel*
- ☐ Cleaning materials for stove (scourer).
- ☐ Matches (in a waterproof container)

*These items will be provided by us.

Boarding pupils are also able to hire waterproof jacket and trousers, rucksacks and a sleeping mat (sleeping bags cannot be provided).

