

**2018**

## **Ridgeway School D of E Bronze Award**

### **Overnight Expedition kit list**

All kit needs to be kept dry by lining your rucksack with a rucksack liner/ dry bag or keep all separate items of kit in plastic carrier bags/dry bags (clothes, food, etc).

**\* This item can be borrowed from School**

### **Group Kit (needs to be divided and carried amongst group)**

- ☑ Tent (pitch/check before leaving to ensure all parts are there)\*
- ☑ Trangia stove (check before leaving to ensure all parts are there also that is completely silver clean inside and out with wirewool before it comes on exped)\*
- ☑ Full fuel bottle (check before leaving to ensure there is enough for all meals)\*
- ☑ Map, compass and whistle\*
- ☑ Basic first aid kit (includes bandages, plasters, safety pins, etc)\*

### **Personal Kit**

- ☑ Sleeping bag (2–3 season, compact and light)
- ☑ Sleeping mat\* with strap or thick band/self-inflating camping mat (Thermarest)
- ☑ Rucksack 65-85Ltr \*
- ☑ Torch (a headtorch leaves your hands free)
- ☑ Water bottle (plastic, not glass)/hydration system 2 litres each
- ☑ Watch
- ☑ Food for 2 lunches, 1 dinner & 1 breakfast also snacks
- ☑ Matches/Lighter/Steel
- ☑ Spoon, bowl and mug
- ☑ Wirewool (Brillopad type) scourers

### **Clothing (Avoid cotton if possible; aiming for items which will dry easily)**

- ☑ Walking trousers (not denim/jeans)
- ☑ 1 long sleeved T shirt/shirt  
2 short sleeved T shirts
- ☑ Fleece
- ☑ 2 pairs Thick walking socks (proper walking socks help prevent blisters)  
& 2 pairs of thinner socks
- ☑ Walking boots (no trainers, boots must be worn-in beforehand)
- ☑ Waterproof jacket and trousers (Gortex/breathable material is better)
- ☑ Underwear
- ☑ Sunglasses (optional)

### **Night and emergency**

- ☑ Lightweight trousers (tracksuit bottoms)
- ☑ Thin fleece
- ☑ Gloves
- ☑ Warm hat and sun hat

### **Toiletries**

- ☒ Toothbrush toothpaste and soap/shower gel (small amount)
- ☒ Toilet paper (small amount)
- ☒ Lip balm
- ☒ Sunscreen

### **Personal medication/kit**

- ☒ Blister kit (Compeed)/fabric plasters/zinc oxide tape
- ☒ Headache tablets
- ☒ Antiseptic cream
- ☒ Any personal medication (asthma inhaler, epipen, etc)

### **Emergency kit**

- ☒ Emergency food (Kendal mint cake, cereal bars, gel) minimum 500cals, unopened
- ☒ Pencil and paper
- ☒ Mobile phone

### **Extra Items to consider**

- ☒ Spare shoe laces
- ☒ Plastic bags (for wet clothes, etc.)
- ☒ Spare battery and bulb for torch
- ☒ Insect repellent
- ☒ Penknife/Multi-tool
- ☒ Camera
- ☒ Buff

**\*The school will normally provide tents, cooking stoves (trangias), fuel, rucksacks, sleeping mats (rollmats), map and compass**

**All kit should be as light as possible as you will be carrying it!**

**Ideally all inside your rucksack (A good quality sleeping bag which packs small will allow this).**

**You should start preparing NOW, if you are really struggling with any particular items then see Miss Jones, Mr Gregory or Mr Sims**



**THE RIDGEWAY SCHOOL  
AND SIXTH FORM COLLEGE**