

Gold 2018

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)

- ☑ Tents (pitch/check before leaving to ensure all parts are there)*
- ☑ Trangia stoves (check before leaving to ensure all parts are there also that it is completely silver clean inside and out with wirewool before it comes on exped)*
- ☑ Full fuel bottles (check before leaving to ensure there is enough for all meals)*
- ☑ Maps, compasses and whistles*
- ☑ Basic first aid kit (includes bandages, plasters, safety pins, etc)*
- ☑ Group shelter*
- ☑ Trowel*

Personal Kit

- ☑ Sleeping bag (3-4 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)with spare batteries and bulb
- ☑ Water bottle (plastic, not glass)/hydration system 2 litres each
- ☑ Watch
- ☑ Matches/Lighter/Steel
- ☑ Spoon, bowl and mug
- ☑ Wirewool (Brillopad type) scourers*
- ☑ Food and snacks for the 4 day expedition

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

- ☑ 2 Pairs of walking trousers/tracksuit bottoms (not denim/jeans)
- ☑ 3 long sleeved T shirt/shirt
- ☑ 4 short sleeved T shirts
- ☑ 3 Fleeeces
- ☑ 4 pairs Thick walking socks (proper walking socks help prevent blisters)
- ☑ Walking boots (no trainers, boots must be worn-in beforehand) *
- ☑ Waterproof jacket and trousers (Gortex/breathable material is better)*
- ☑ Underwear(Artificial fibre which wicks out is best)
- ☑ Sunglasses (optional)

Night and emergency

- ☑ Lightweight trousers (tracksuit bottoms)
- ☑ Thin fleece
- ☑ Windproof 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)
- ☒ Hand cleansing gel

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 Mr Sims.