

2019

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 Mr Kench or Mr Sims



**THE RIDGEWAY SCHOOL
AND SIXTH FORM COLLEGE**