

## KIT(Personal & Group)

Tick each box when you have packed/set aside each item for your expedition. It is your responsibility to make sure you have all essential items, as well as leaving additional space in your bag for the group equipment. If you forget any item, depending on what it is it may affect your comfort, convenience and safety whilst out on expedition.

No equipment should be left hanging on the outside of your bag. It should be either inside, or secured to your bag properly with straps.

CLOTHING & FOOTWEAR			
Waterproof Jacket		Waterproof Trousers	
Jumper/Fleece x 1 <i>Depending upon season you may wish to bring more, but Doing this will make your rucksack heavier</i>		Trousers/leggings/shorts <i>You must have at least one spare pair of these, incase the ones you are wearing get wet or damaged</i>	
T-shirts(change daily please)		Hiking socks(change daily so they are dry)	
Underwear(change daily) <i>Sports bra recommended for females</i>		Hiking Boots	
Gloves(dependant upon season)		Sliders/Flip Flops/Crocs for at campsite	
Hat or Cap (dependant upon season)			

PERSONAL EQUIPMENT			
Rucksack 70-80 Litres		Dry Bags <i>Various sizes</i>	
Sleeping mat (also known as a roll)		Sleeping bag 3 or 4 season and light-weight/compact	
Towel ( <i>compact</i> )		Plate, bowl,cup/mug	
Small First Aid Kit (personal use)		Knife, fork, spoon or spork	
Watch <i>Ideally with stopwatch facility</i>		Torch & Spare batteries <i>Hand-held or head-torch</i>	
Water bottle or Camelsack (Filled with water for the first day)		Mobile phone and portable charger	
Camera (If not using mobile phone)		Sun Cream (If required)	
Insect Repellent/Midge Net (Both if possible)			

GROUP EQUIPMENT (Need to bring) <i>(Each group bring one of the following and decide who carries each thing)</i>			
Washing up liquid + scourers		Tea towels	
Black bag for litter		Matches	

GROUP EQUIPMENT (Supplied by leaders) <i>(Each group is supplied the following by the leaders and is to be distributed evenly amongst each group)</i>			
Tents		Gas stoves & gas bottles	
Cooking pot and Kettle (with lids)		Survival bag	
Map bag (Map, compass, route card, whistle, tracker instructions, Nights Away Passport)		Group first aid kit	
Satellite tracker		Shovel, waste bag and holder	