



This kit list is exhaustive. Items that are not on the list are not needed and should therefore be left at home. You should aim to keep your pack weight to an absolute minimum; being as ruthless as possible in terms of what kit to bring and what to leave at home. One quarter of your body weight is the maximum weight you can carry, but take note that the lighter your rucksack is, the more comfortable your expedition will be.

It is highly recommended that you use as much of your own kit as possible. Though the youth centre is able to provide some items, in the majority of cases (as they are loaned regularly) they are only of adequate quality.

Remember, if your rucksack is missing compulsory items or if it is poorly packed, it is possible that you could fail your expedition. Furthermore, it could stop you going altogether. Don't fail your expedition before you set off!

## Compulsory Individual Kit

Expedition rucksack (at least 60L)	Waterproof coat
Waterproof trousers	Sleeping mat
Fleece or other warm overcoat	Rucksack liners (NOT bin liners) to ensure contents stay dry. NB These can be purchased from outdoor stores for as little as £2.
Walking boots with ankle protection	Hat and gloves
Plastic plate, plastic mug and spoon	Personal first aid kit and medication
1 x set of spare clothes (to sleep in – this will always stay clean and dry)	Adequate food for a 4 day, 3 night expedition
Water bottle (1L)	Emergency rations
Sleeping bag	Small torch and spare batteries
Toothbrush	

## Compulsory Group Kit

Tent	Stove
Compass x 2	Map of the area x 2
Sun block	Toothpaste
Adequate meals for the duration of the expedition	Fuel for stove (gas or meths – depending on the stove)
Whistle	Mobile phone (minimum 1 per group)
Lighter or waterproof matches	2 x Survival bags

## **Non compulsory kit that can be taken if desired**

A pack of cards	Water resistant rucksack cover
Gaiters	Additional spare socks and underwear
Sun hat	Thermos flask with warm drink
Spare plastic bags	Walking GPS
Camera	Sleeping bag liner
Thick walking socks	Insect repellent
Walking poles	Wet wipes
Group shelter	Water purification tablets

Check the forecast before you go – your kit list will alter slightly depending on the weather. For example, if it's likely to be cold and wet, more clothes would be an advantage and its unlikely you'll need sun block or a sun hat.

Hat and gloves are essential to stay warm throughout. Take them whatever the weather is doing!

It is recommended that you wear a number of layers and take some as spare. Lots of thin layers are far better than one thick layer. Cotton base layers should be avoided if at all possible. Cotton absorbs water well and soaked clothes will considerably lower your body temperature. Man made fibres such as polyester are a far better alternative. Football shirts and other sports tops are ideal.