

Expedition Equipment Checklist

All participants should make their own checklists of equipment when they start to prepare for their practice journey. The list below can be used as a guide with items being added or deleted according to personal needs and experience. All individuals must always carry the personal emergency equipment listed below. Reference should be made to the relevant chapters in the *Expedition Guide*.

PERSONAL EMERGENCY EQUIPMENT (to be carried by each individual)

- Map(s)*
- Compass*
- Watch
- Torch and spare bulb and battery
- First aid kit
- Whistle
- Coins/card for telephone
- Notebook and pen/pencil
- Spare jumper/sweater
- Waterproof jacket/coat
- Water bottle
- Extra warm clothing including head gear and gloves
- Waterproof trousers
- Bivvy bag/large poly bag
- Emergency food rations
- Matches

PERSONAL CAMPING EQUIPMENT

- Large rucksack (approximately 55-65 litre capacity)
- Strong, large plastic bags (to line your rucksack)
- Sleeping bag
- Sleeping mat
- Small sum of money
- Knife, fork, spoon
- Pocket knife (small)
- Plate/bowl
- Mug
- Soap and towel (small)
- Toothbrush and toothpaste
- Toilet paper
- Digital camera (optional)

CLOTHING

- Boots (broken in)
- Socks
- Shirts
- Sweater
- Trousers (NOT jeans)
- Underwear
- Trainers, flip flops or similar
- Sun hat and cream
- Gaiters (optional)

GROUP EQUIPMENT (to carry between the team)

- Tents*
- Stoves and fuel*
- Matches (sealed in a dry container)
- Cooking pots*
- Soap pads or sponge with abrasive pad
- Washing-up liquid
- Water container
- Food (small and lightweight)
- Trowel
- Route card(s)*
- Map cases*
- Pack of cards (optional)
- Plastic bags (for rubbish etc.)

For equipment specific to the mode travel see the relevant chapter in the *Expedition Guide*.

All items above are the expected equipment for all Bronze, Silver and Gold expeditions. Decide between your group who will bring in which part of the group kit.

* Supplied by the school