



Expedition Kit List

This is a suggested list only, take account of the terrain and conditions when deciding what you need. The items highlighted must always be taken, no matter what.

Clothing

- Walking boots
- Walking socks
- Thermal/base layer
- Mid-layer (e.g. long sleeve t-shirt)
- Warm outer layer
- Walking trousers (MUST NOT be jeans)
- Underwear
- Sunhat
- Warm hat & gloves
- Waterproof over-trousers
- Waterproof coat
- Gaiters

Personal kit

- Rucksack
- Sleeping bag
- Roll mat
- Sleeping bag liner if you have one
- Torch or head torch (plus spare batteries)
- Personal first aid kit
- Water bottle
- Knife, fork, spoon or spork
- Mug
- Plate or bowl if needed
- Wash kit & microfibre towel
- Pocket knife
- Suncream
- Insect repellent
- Money
- Camera
- Sunglasses
- Own food & snacks + emergency supply
- Personal medications, inhalers etc.

Team kit

- Tent (check poles and pegs)
- Stove
- Gas canister
- Matches or lighter
- Pans & kettle
- W/up liquid, scourer & tea towel
- Team mobile phone
- Maps with route & timings
- Compass
- Map case
- Rubbish bag(s)
- Team food
- Team first aid kit
- Whistle(s)

Other kit you might need (depending on conditions, not usually needed at Bronze level)

- Storm Shelter
- Toilet Paper and Trowel
- Gaffer tape for repair
- Tick remover
- Water purification tablets
- Paracord