

**Clothing**

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| Got it | Packed it | **Equipment** |
|  |  | **Walking boots** *(Broken in)* |
|  |  | **Walking socks** *(plus spare pair)* |
|  |  | **T-shirts** |
|  |  | **Fleeces** *(Not hoodies or heavy jumpers)* |
|  |  | **Underwear** |
|  |  | **Warm hat** |
|  |  | **Gloves** |
|  |  | **Sun hat & Sunglasses** |
|  |  | **Waterproof/windproof jacket** |
|  |  | **Waterproof trousers** |
|  |  | **Warm nightwear** *(Thermals? Or consider leggings and a long sleeve top?)* |

**Personal Kit**

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| Got it | Packed it | **Equipment**  |
|  |  | **Rucksack** *(65 litres) (needs waterproofing with rucksack liner or thick bin sack)* |
|  |  | **Sleeping mat** *(in waterproof bag/bin sack)* |
|  |  | **Sleeping bag** *(2-3 season)* |
|  |  | **Wash kit & personal hygiene items** |
|  |  | **Towel** |
|  |  | **Small amount of toilet paper or wet wipes** |
|  |  | **Watch** |
|  |  | **Whistle** |
|  |  | **Torch** *(spare batteries)* |
|  |  | **Personal First Aid Kit** *(including personal medication)* |
|  |  | **Emergency rations** *(can be a snack and hot drink)* |
|  |  | **Water bottle** *(1-2 litres)* |
|  |  | **Knife, fork & spoon** *(or spork)* |
|  |  | **Plate / Bowl** |
|  |  | **Mug** |
|  |  | **Notebook & pen / pencil** *(for making notes for final presentation)* |
|  |  | **Sun cream** |
|  |  | **Food** |

**Group Kit**

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| Got it | Packed it | **Equipment** |
|  | **Provided** | **Tent**  |
|  | **Provided** | **Trangia Stove** |
|  | **Provided** | **Gas** |
|  |  | **Brillo Pad** |
|  |  | **Tea Towel** |
|  |  | **Plastic Bags** *(for rubbish etc)* |
|  | **Provided** | **Survival bag** *(for extreme weather recommended for Silver and Gold only)* |
|  | **Provided** | **Maps** |
|  | **Provided** | **Compass** |
|  |  | **Matches** *(in waterproof container)* |

**Optional Extra Kit**

|  |  |  |
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| Got it | Packed it | **Equipment** |
|  |  | **Flip flops / Trainers** *(for camp)* |
|  |  | **Sleeping bag liner** |
|  |  | **Camera** |
|  |  | **Insect repellent** |
|  |  | **Spare boot laces** |
|  |  | **Shorts / Joggers**  |

**I would advise against packing valuable items such as iPad’s or iPod’s. We cannot take responsibility for the loss or damage to these items.**

**\*\*Mobile phones are not permitted to be used on expeditions and should only be used in the event of an emergency.**