

EXPEDITION KIT LIST

Sturdy comfortable **footwear**, preferably walking boots with good tread & ankle support (flimsy canvas Converse style trainers or similar will not be suitable)

Comfy woolly **socks** (not sports style nylon)

Waterproof **jacket**

Waterproof **over-trousers**

Trousers quick drying walking style (shorts, jeans or cotton joggers will **not** be suitable)

Warm **fleece** (cotton will **not** be suitable)

T-shirt or similar (preferably quick drying sports style rather than cotton)

Warm hat

Sun hat

Warm gloves

Midge net (insect repellent optional)

Sun screen

Personal **medication**, if applicable

Personal items e.g. toothbrush, toothpaste, toilet tissue

Water bottle and drink

Energy snack

Lightweight cutlery e.g. **spork**

Lightweight **bowl**

Lightweight **mug**

Ziploc plastic bags to carry out all rubbish including wet wipes, any toilet paper used after peeing and used period products

Evening meal preferably shared between 2/3 people

Breakfast either for yourself or shared between 2/3 people

3-season style lightweight mummy shaped **sleeping bag** (Bulky rectangular 'caravan' style sleeping bags are not suitable)

Sleeping mat

2nd **T-shirt & leggings** or nightwear to sleep in

Head **torch**

2 packed **lunches**

Energy **snacks** e.g. muesli bars for 2 days

Continued...

We provide these items which will be available at the start of the Expedition (you will carry your share between the team):

Large **rucksack**

Stove and **fuel**

Long **matches**

Tent shared between 2/3 people

Group **first aid kit**

Maps and map cases

Compasses

Washing up kit

Hand sanitiser

At wild campsites (ie no facilities) we will provide:

Bottled water top ups and/ or purification tablets

A spade to bury human waste