

Expedition Equipment List



Clothing

- Walking Boots – waterproof
- Walking socks
- Sock liners (optional)
- Base layers (t-shirts or shirts) (ideally breathable)
- 2 x Fleece jumpers / jackets
- Walking trousers
- Underwear
- Nightwear – top and bottoms (not for walking in)
- Spare footwear for around camp e.g. flip flops, trainers (optional)
- Warm hat
- Sun hat (if appropriate)
- Gloves
- Shorts (if appropriate)
- Suncream (if appropriate)
- Gaiters (optional)
- Waterproof trousers (ideally breathable)
- Waterproof jacket (ideally breathable)

Other Personal Kit

- Rucksack (55-65 litres)
- Waterproof rucksack liner (can use heavy duty plastic sacks)
- Rucksack cover (optional)
- Other smaller waterproof bags for storing sleeping bag, clothes etc.
- Stuff sacks (optional)
- Sleeping mat
- Sleeping bag
- Sleeping bag liner (optional)
- Small quantity of money (optional)
- Notebook and pen/pencil
- Watch
- Whistle
- Torch (a headtorch is ideal)
- Spare batteries and bulb for torch
- Personal first-aid kit
- Personal medication (if appropriate)
- Emergency food rations
- Water bottle/s or hydration system (need to be able to carry 2 litres of water)
- Knife & spoon (fork optional)
- Plate/bowl
- Mug
- Small pocket knife (optional and if allowed by school)
- Small wash kit / toiletries
- Towel (optional)
- Walking poles (optional)

Group Kit

Tent/s

Stoves and fuel

Cooking pans

Scourer / sponge

Group first-aid kit

Maps

Compasses

Map cases

Camera (optional)

Toilet paper

Tea towel (optional)

Food

Plastic bags (spare ones for rubbish etc.)

Survival bags (could be one each, but ideally at least 2 in the group)

2 x mobile phone (different networks, for emergencies only)

Water purification (for wild country expeditions only)

Trowel (for wild country expeditions only)

Group shelter (optional)