

SUGGESTED KIT LIST FOR BRONZE AND SILVER EXPEDITIONS



TO WEAR WALKING

Walking boots with ankle support (broken in)
Walking socks
Thermal top / t-shirt
Sweater (woollen or fleece)
Walking trousers (lightweight & warm)

PERSONAL KIT (to carry)

Large rucksack (approximately 65 litre capacity)*

Dry bags or 2 x strong, large bin bags (to line your rucksack)

Cagoule/coat (it must be waterproof and windproof)

Waterproof overtrousers

Sleeping mat*

Sleeping bag (in a waterproof bag) 2-3 season rating*

Sleeping bag liner (optional)*

Torch and spare battery (e.g. small Maglite or headtorch)

Emergency food rations (NOT to be eaten until the end!)**

Water bottle or bladder

Knife, fork, spoon or Spork

Plate/bowl

Mug

Small wash kit

Spare clothing: underwear, socks, t-shirts, sweater (woollen or fleece), walking trousers

Flip flops/sliders/trainers (optional)

Hat (warm)

Gloves (woollen)

Sunhat and sun cream (if appropriate)

Personal medication

GROUP KIT (to carry between the team)

Lightweight 2 - 3 person tents*

OS maps, route maps and route cards (given out on the day of the walk)*

Compass*

Two way radio (walkie talkie)*

First Aid kit

Trangia stoves*

Matches (sealed in a dry container or bag) or lighter

Scourer

Tea towel

Food - 1 kg per person per day maximum

*Provided by school

**Every participant needs to carry emergency food rations. It does not have to be much (particularly at Bronze) but it is an essential part of preparing for the Expedition. A good ration pack should include a favourite high energy snack (Snickers and Mars bars work well or in hot weather Kendal Mint Cake), sweets (such as Haribo, wine gums, fruit pastilles, raw jelly cubes etc.), energy drink powder/hot chocolate sachets and a substantial filling snack like a flapjack. Keep it all in a waterproof bag or container.