

## SUGGESTED KIT LIST FOR GOLD EXPEDITIONS



### TO WEAR WALKING

Walking boots with ankle support (broken in)  
Walking socks  
Thermal top / t-shirt (layers – long sleeve, short sleeve, vest)  
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  
Water purification tablets

### 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  
Lightweight backpacking trowel  
Trangia stoves and fuel\*  
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.