

Kit List

Clothing			
Got it	Packed it	Item Needed	Reccommended
		1x Pair of walking boots (broken in)	Berghaus: Explorer Trek and Explorer Ridge boots
		2x Pairs of walking socks	Bridgedale: WoolFusion Trekker, WoolFusion Trekker women's, Woolfusion Trail, WoolFusion Trail women's
		2-3x t-shirts	Craghoppers: Fusion and Vitalise Base T-shirt
		1x Thermal t-shirt (optional)	Craghoppers: Fusion and Vitalise Base T-shirt
		2x fleece tops	Hooded Jackets, Vector and ionic half zip tops
		2x Walking trousers	Craghoppers: Traverse Trousers
		Underwear	
		Nightwear	
		1x pair of Flipflops/trainers/sandals (for walking around camp/showering)	
		1x warm hat and or sunhat (as appropriate)	
		1x pair of gloves (if appropriate)	
		1x pair of shorts (if appropriate)	
		1x Water-proof over trousers	Craghoppers: Ascent Overtrousers
		1x Jacket/coat	Craghoppers: Waterproof Shell: Reaction Lite and Apex Jackets
		1x pair of gaiters (optional)	
Personal Kit			
Got it	Packed it	Item Needed	Reccommended
		1x Rucksack 65-75L	Vango: Contour, Sherpa, Pinnacle rucksacks
		1x Rucksack liner or black sack	
		1x Sleeping bag	Vango: Nitestar, Latitude, Venom, Ultralite, Ultralite Pro and Stratos (Cotswold Outdoor exclusive) sleeping bags
		1x Sleeping mat - provided	
		5x waterproof bags/dry bags	Lifeventure: Dry Bags and Compression Bags
		1x Sleeping bag liner (optional)	
		1x Whistle	
		1x torch (handheld or headtorch and spare batteries)	Lifesystems: Intensity 220 torch, Intensity 220 head torch
		1x personal first aid kit	Lifesystems: Camping first aid kit, Trek first aid kit, Blister first aid kit, Waterproof first aid kit.
		Expedition food *see nutrition section	
		1x Water bottle	Lifeventure: Tritan Flask (1000ml), Tritan Bottle (650ml)
		1x knife/fork/spoon (or spork)	Lifeventure: Basic knife fork and spoon set, Ellipse knife, fork and spoon set

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		1x small pocket knife/pocket tool	Victorinox: DofE Pocket Tool
		1x plate/bowl	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, Ellipse bowl
		1x Mug	
		1x Box of matches	
		Wash kit/personal hygiene items	
		Sunblock	
		1x Small travel Towel	
		1x Notebook/pencil	
		Watch	
Group Kit			
Got it	Packed it	Item Needed	Reccommended
		Tent(s) - provided	
		Camping Stove(s) - provided	
		Camping gas - provided	
		Cooking pans - provided	
		Scourers - provided	
		Tea towels - provided	
		Pastic bags (for rubbish)	
		Toilet paper	
		Maps 1:25,000 - provided	
		Compass - provided	Silva: Classic, Field, Ranger, Expedition 4 compass.
		Map cases - provided	Silva: Carry Dry Map Cases – A4, M30 and Large.
		Camera (optional)	
Additional optional kit			