

BRONZE EXPEDITION KIT LIST

TO WEAR WALKING

Walking Boots (broken in)
Walking Socks - optional
2 or 3 tee shirts
Fleece jumper
2 pairs walking trousers (Not jeans)
Waterproof Coat
Waterproof over-trousers

PERSONAL KIT (TO CARRY)

Large Rucksack (60 - 80 litre capacity)
2 x Dry Bags or Strong plastic bags (Rubble bags) to keep clothes, sleeping bags dry in your rucksack
Sleeping mat or Thermarest
Sleeping bag (in a waterproof bag)
Sleeping bag inner (optional will make a sleeping bag warmer)
Plastic Survival bag
Personal First Aid Kit – (Personal what you might normally take)
Personal medication
Blister Plasters
Watch
Whistle
Money for camp sites
Notebook & pen/pencil
Torch & spare batteries (a head torch is the best option)
Water bottle or drinking system (need to be strong plastic bottles) Emergency food rations (NOT to be eaten until the end!)
Knife, fork, spoon
Penknife (Optional)
Plate/bowl
Mug
Wash kit (shower gel, toothbrush, tooth paste, deodorant)
Towel (small)
Underwear
Nightwear
Spare Jumper (fleece)
Hat (if cold)
Gloves (if cold)
Sunhat & sun cream (if Hot)
Sunglasses
1 x pair gaiters (optional)
Camera (useful to record trip)
Spare boot laces

GROUP KIT (to carry between the team)

Box of matches or lighter
Tents
Trangia Stove
Gas
Cleaning equipment
Maps of the Area
Compass
Map cases
Emergency shelter if in wild country
Tea towel
Food