

## **SILVER & GOLD EXPEDITION KIT LIST**

### **TO WEAR WALKING**

Walking Boots (broken in)  
Walking Socks  
Base layer or tee shirt  
Fleece jumper  
Trousers (Not jeans)  
Waterproof Coat  
Waterproof 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)  
Blister Plasters  
Watch  
Whistle  
Money for camp sites  
Notebook & pen/pencil  
Torch & spare batteries (a head torch is the best option)  
Emergency food rations (NOT to be eaten until the end!)  
Water bottle or drinking system (need to be strong plastic bottles)  
Knife, fork, spoon  
Penknife (Optional)  
Plate/bowl  
Mug  
Wash kit (minimal!)  
Towel (small)  
Underwear  
Spare T shirts  
Spare Jumper (fleece)  
Spare trousers (NOT jeans)  
Hat (if cold)  
Gloves (if cold)  
Sunhat & sun cream (if Hot)  
1 x pair gaiters (optional)  
Camera (useful to record trip)  
Walking poles (Optional)

### **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