

**BAGS/ PACKING**

Got it	Packed It	Item	Notes
		60-70 litre Rucksack	Lowe, Berghaus, Vango, Osprey, Karrimor. When fully packed it wants to be max 14Kg or 12.5Kg if you are 50Kgs
		Rucksack liner	Polythene bags or Stuff sack(s) to keep your kit dry

**SLEEPING**

Got it	Packed It	Item	Notes
		Sleeping bag comfort rating 0°C or lower (2-3 season)	Synthetic fill are less expensive than down. Down compacts to a smaller size.
		Sleeping mat	Mountain Equipment or Therm-a-rest air mats are more comfortable than foam– avoid using a Yoga mat, they are very uncomfortable for a whole night!
		Waterproof bag for sleeping bag	Plastic bags are ok but specific dry bags are much better

**CAMPING**

Got it	Packed It	Item	Notes
		Plastic Mug & Bowl/ Plate	
		Spoon/ fork/ knife	Or bring a spork
		Water bottle	You need 1.5 - 2 litres. Make sure it is a proper water bottle and does not leak when it gets squashed
		Pot scourer to clean your stove	You will need to clean the stove at the end of the expedition
		Disposable lighter	Or a flint. Make sure you can actually use it, even if it is raining!
		Wash Kit/ personal hygiene items	
		Towel	Small lightweight pack towel
		Sun Cream	You will only need a small amount over the expedition
		Toothbrush & Toothpaste	
		Watch (at least one per tent)	Don't rely on your mobile phone
		Head torch & spare batteries	
		Notebook/ spare paper to write on & pen	At least 1 Sharpee/ permanent pen per group

## CLOTHING

Got it	Packed It	Item	Notes
		Walking boots with ankle support. or good fitting trainers.	Asolo, Berghaus, Salomon, Scarpa, Go to somewhere and try them on to fit. Avoid getting them online unless you have tried them on first.
		Walking socks 2 pairs	Bridgedale, Craghoppers, SmartWool Quality socks dramatically reduce the likelihood of getting blisters
		Underwear x2	
		Thermal top or T-shirt x2	Also known as base layer or skins
		Walking Trousers/ tracksuit trousers	We recommend 2 pairs of trousers/ leggings over the 2 day expedition. Whether one pair is trousers and the other leggings or two pairs of trousers is up to you.
		Thermal bottoms/ leggings	
		Waterproof Jacket	Berghaus, North Face, RAB, Mountain Equipment. Think about spending about £60+ on a waterproof top. Make sure it is a breathable fabric.
		Waterproof Trousers	
		Spare trainers/ sliders	To wear around the camp instead of your walking boots- a bit of a luxury but v nice in the evening
		Fleece Jacket/ Jumper	
		Additional jumper to wear under fleece top	Avoid hoodies because they do not keep you very warm, especially if they get wet
		Woolly hat sun hat/ cap	
		Gloves	It can be cold in the morning or evening. These do not need to be expensive- NB these are optional

## MEDICAL

Painkiller- Ibuprofen Painkiller-Paracetamol	Moisturiser Lip balm Antiseptic spray	This is a <b>suggested</b> medical list. Use your judgement. You need to be self-sufficient on this trip and cope with most minor issues (before they become major ones!) you should be able to get all of these from Tesco or Sainsbury's rather than more expensive travel shops and place them in a waterproof bag.
Plasters (assorted sizes) Blister kit- Compeed	Insect Repellent Antihistamine	

## THESE ITEMS PROVIDED ON LOAN FOR THE EXPEDITION IF NEEDED

Stove and Gas	Tent (2 or 3 person)	Map	Compass
---------------	----------------------	-----	---------

