

EXPEDITION KIT AND EQUIPMENT Silver DofE

BAGS/ PACKING			
Got it	Packed It	Item	Specific recommended brands
		60-70 litre Rucksack	Lowe, Berghaus, Vango, Osprey, Crux
		Rucksack liner	Polythene bags or Stuff sack(s) to keep your kit dry

SLEEPING			
Got it	Packed It	Item	Specific recommended brands
		Sleeping bag comfort rating -5°C or lower (3 or 4 season type)	Synthetic fill are less expensive than down. Down compacts to a smaller size.
		Sleeping bag liner (optional)	Silk are nice but x3 the price!
		Sleeping mat	Mountain Equipment or Therm-a-rest air mats are more comfortable than foam
		Waterproof bag for sleeping bag	Plastic bags are ok but specific dry bags are much better

CLOTHING			
Got it	Packed It	Item	Specific recommended brands
		Walking Boots with ankle support or trainers	Asolo, Berghaus, Salomon, Scarpa, Go to somewhere and try them on to fit. Do NOT go to Sports Direct for boots.
		Walking socks 2 or 3 pairs	Bridgedale, Craghoppers, SmartWool,
		Plastic bags for your feet	very useful when we are at our camp sites anything cheap does the job
		Other pair of socks (to go with trainers)	In experience quality socks dramatically reduce the likelihood of getting blisters
		Underwear	
		Thermal top x2 / T-shirt	Also known as base layer or skins
		Walking Trousers/ tracksuit trousers 2 pairs	
		Thermal bottoms/ leggings	
		Sleeping clothes (optional- you could just wear your thermals)	
		Good quality waterproof Jacket	Berghaus, North Face, RAB, Mountain Equipment. Think about spending about £80+ on a waterproof top. Make sure it is a breathable fabric.
		Good waterproof Trousers	
		Sandals/ spare trainers	To wear around the camp instead of your walking boots- a bit of a luxury but v nice in the evening
		Fleece Jacket or x1 wool jumper	Please do not bring a hoodie, they do not keep you very warm. They are very heavy when wet, they hold the water and will not dry
		Additional Jumper to wear under fleece top	
		Wooly Hat Sun hat/ cap	
		Gloves	

JOURNEY			
Got it	Packed It	Item	Specific recommended brands
		Compass *	Silva
		Map *	1:25,000 & 1:50,000 scale

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CAMPING			
Got it	Packed It	Item	Specific recommended brands
		Tent *	Access Expeditions
		Stove *	Trangia Gas
		Gas *	
		Plastic Mug & Bowl/ Plate	
		Spoon/ fork/ knife	Or bring a spork
		Water bottle	Make sure it is a proper water bottle and does not leak when it gets squashed
		Pot scourer to clean your stove	
		Disposable lighter x2 per group	Or a flint
		Wash Kit/ personal hygiene items	
		Towel	Small lightweight pack towel
		Sharpee Pen	To be able to annotate maps
		Watch (at least one per tent)	
		Toiletries Bag	
		Soap	
		Toothbrush & Toothpaste	
		Toilet paper (or use sphagnum moss/ snow!)	
		Handkerchief or tissues	
		Baby wipes- you can have a good "baby-wipe" shower without even leaving your tent ☺	NB you only need about 15 wipes for the trip- you do not need a whole heavy bag of them!
		Plastic bags for rubbish	
		Head torch & spare batteries	
		Small pocket knife/ pocket tool (optional)	
MEDICAL			
		Painkiller- Ibuprofen Painkiller-Paracetamol	Sunscreen- HIGH! Moisturiser Lip balm
		Disposable gloves Zinc Oxide tape Bandages Sterile wound dressing Plasters (assorted sizes) Blister kit- Compeed	Throat lozenges Insect Repellent Antihistamine Antiseptic spray Triangular bandage Safety pins
<p>This is a suggested medical list. Use your judgement but you need to aim 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.</p>			

OTHER BITS and BOBS (optional)			
Got it	Packed It	Item	Specific recommended brands
		Paperback book	
		Playing cards	
		Camera	
		Notebook	
		Walking Poles	
		Dry bags	You want to keep everything in a waterproof bag or series of bags- your ruck sack is NOT waterproof.
<p>Everything needs to be kept in waterproof bags- your ruck sack is not waterproof and trying to get to sleep in a wet sleeping bag is not easy (or enjoyable!)</p>			

NB Items marked with a * can be borrowed from Hepworth Adventures