



## KIT LIST FOR EXPEDITIONS

<b>Personal Walking equipment</b>		Personal medication	
Rucksack - 50 to 75 litres (provided for PP students)		1 complete change of clothes in a stuff sack or plastic bag (including spare footwear for around campsite)	
Rucksack liner (Rubble sack or bin liner or plastic bags will suffice)			
Walking boots or shoes (no trainers)		<b>Group Emergency Equipment</b>	
Socks (thick)			
Underwear		Survival bag (1 per group) (provided by the academy)	
Walking trousers / shorts (or similar)		Compass (provided by the academy)	
Base layer / T-shirt (multiple in cold weather)		Flint Lighter (provided by the academy)	
Sweater			
Watch (at least one in the group)		Trowel (provided by the academy)	
<b>Personal Camping equipment</b>		Group first aid kit (1 per group) to include (provided by the academy)	
Sleeping bag – 3 season (old fashioned square sleeping bags are insufficiently warm) (provided for PP students)		<ul style="list-style-type: none"> <li>• Blister plasters</li> <li>• Plasters</li> <li>• Antiseptic wipes</li> <li>• Sterile dressings</li> <li>• Bandage</li> <li>• Micropore tape</li> <li>• Triangular bandage</li> </ul>	
Sleeping bag liner (optional) (provided for PP students)		<b>Group Camping Equipment</b>	
Roll mat (provided for PP students)		Washing up liquid (provided by the academy)	
Knife (provided for PP students)		Washing up sponge (provided by the academy)	
Fork (provided for PP students)		Food	
Spoon (provided for PP students)		<ul style="list-style-type: none"> <li>• 2xlunch</li> <li>• 1xbreakfast</li> <li>• 1xevening meal</li> <li>• Snacks – avoid chocolate</li> </ul>	
Mug (provided for PP students)		Tent (poles, pegs, inner and outer) 1 per 2 or 3 (provided by the expedition company)	
Plate/bowl + cooking pot– we suggest a mess set which includes both elements (provided for PP students)		Trangias 1 per 3 or 4 students (provided by the expedition company)	
Small towel		Fuel Bottles 1 per trangia (provided by the expedition company)	
Soap		<b>Optional extras</b>	
Toothpaste		Camera (not a camera phone)	
Spare plastic bags		Pen and Paper	
Toilet paper (not a full roll)			
<b>Personal Emergency Equipment</b>			
Waterproof jacket			
Waterproof trousers			
Sun hat (if hot and sunny)			
Sun cream (if hot and sunny)			
Warm hat (or similar if cold)			
Gloves (or similar if cold)			
Emergency rations sealed in a clear plastic bag (Ex. snickers bar or trail mix)			
Torch (provided for PP students)			