

EXPEDITION KIT LIST

The following is an indication of the equipment you require to have for expeditions. Group equipment will be provided by the Award Group and shared between your group. Some personal equipment is also available to borrow and you will be asked to provide a note of any equipment you need.

Any borrowed equipment and group equipment must be properly cared for and returned clean and dry after the expedition.

Personal Equipment	Group Equipment
Waterproof Jacket and Trousers (avail to borrow)	Tent
Hillwalking boots (avail to borrow)	Trangia Cooking Stove
Warm fleece jacket	Fuel Bottle
Spare set of clothing	Flask
Hat and Gloves	Map and compass
Sleeping Bag (avail to borrow)	Map case
Sleep Mat (avail to borrow)	Group shelter
Rucksack (55/65lts) (avail to borrow)	Group first aid kit
Eating Utensils	Bivi bag
Washing up liquid/cleaning pad	Radio
Food	
Emergency Rations (high energy food)	
Wash kit and small towel	
Matches	
Torch and whistle	
Pencil and small notepad	
Water bottle	
Small personal first aid kit (please advise leader of any medication)	
Sun cream	

Please choose clothing that is warm and dries easily, jeans and denim clothing are not allowed.

Food should be light, preferably dried. Tins and jars are not suitable. For example - Dried Noodles, Savoury Rice, dried fruit, packet soup, pasta and tuna (packets), packed lunch for first day are suitable meals. Two cooked or hot meals per day are required - breakfast and dinner. Meals must involve cooking and have to be nutritionally balanced.

Mobile phones can be taken on expedition, however, they must remain switched off for the duration of the expedition and will either be suitably sealed or left with the leaders for safekeeping.

If you have any queries or require any further advice please contact:
Paul and Lorraine Tulloch on 01294 463233 or 07886654584