

**KIT LIST**  
**Bronze Award**

(Items in **bold** are available to borrow from school stores)

Item	Note	Qty	Got it?	Packed it?
<b>Rucksack – 65 Litres</b>	Must be hiking rucksack with waist and chest straps. 65L minimum capacity, can be larger.	1		
Walking trousers	Must be walking style. <b>Jeans/Joggers not permitted</b>	1-2 pairs (1 worn)		
Walking socks	Good quality highly recommended to prevent blisters.	2-3 pairs (1 worn)		
Walking boots	Must have ankle support. Ensure correct fitting prior to training to prevent blisters. <b>No trainers</b>	1 pair (Worn)		
T Shirt	Preferably a wicking/breathable t-shirt	2 (1 Worn)		
Mid layer	Not cotton	1		
Warm fleece	Microfleece is recommended	1 (1 worn or in carried bag)		
Underwear		2 days		
Evening Clothes	Clothes to change into in the evening - comfy. <b>OPTIONAL</b>	1 set		
Warm hat		1		
Sun hat		1		
Gloves	Dependent on weather	1 pair		
<b>Waterproof over trousers</b>		1 pair		
<b>Waterproof coat</b>		1		
<b>Rucksack liner</b>	A thick plastic bag or rubble sack can be used if rucksack liner not owned.	1		
<b>Sleeping bag</b>	Suitable for weather conditions	1		
<b>Roll mat</b>	Can be stored on outside of rucksack but must be in waterproof bag/bin liner	1		
Water bottle/Hydration bladder	Capacity for 2 litres of water minimum	1		
<b>Torch</b>	Ideally a head torch with spare batteries.	1		
<b>Emergency whistle</b>	Some rucksacks have one attached	1		
Personal first aid kit	Small (should include blister plasters and zinc oxide tape)	1		
Food	<b>Enough to cover the duration of the expedition.</b> Recommend boil in the bag camping meals or dehydrated meals. Snack suggestions: Dried fruit, nuts, trail mix, jerky, granola bars, protein	Hot meals for dinner. Suitable breakfast and		

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	bars. There will be no fridge access so food will be kept at room temperature.	lunch meals. Grazing snacks.		
KFS or Spork	Knife, Fork and Spoon	1		
Plate/bowl	Dependent on breakfast/dinner food <b>OPTIONAL</b>			
Mug	Possibly a flask <b>OPTIONAL</b>	1		
Wash kit & personal hygiene items	Toothbrush and toothpaste, face wipes, toilet paper, deodorant.	1		
Small towel	<b>OPTIONAL</b>	1		
Notebook and pen/pencil	<b>OPTIONAL</b> dependent on expedition team goal.	1		
Watch	At least two in the group.	1		
Blister plasters	e.g. Compeed	1 pack		
Nightwear	e.g. Shorts & T-shirt <b>OPTIONAL</b>	1		
Sunblock		1		
Insect repellent		1		
Matches/lighter	Matches in waterproof container	1		
Pan scourer		1		
Small tea towel		1		
Plastic bags	For rubbish	2		
Cooker and mess tins	Gas style. 2/3 cooking sets per expedition team.			
Tent	Shared between 2 or 3 people			
Compass				
Map	OS map of expedition area			
Map Case	Waterproof map case			
Rucksack – 65 Litres				
Walking boots	Limited sizes available			
Sleeping bags				
Whistles				
Roll mat				
Rucksack liner				
Waterproof over trousers				
Waterproof coat				
Head torch				
Hi-vis vest				
Sharpie pen				