

Suggested Expedition Kit List 18/04/2018

Got it	Packed it	Item needed
		1 pair walking boots (broken in)
		Walking socks
		Sock liners (optional)
		T-shirts / Thermal t-shirt (optional)
		Fleece tops or similar
		Walking trousers
		Underwear
		Warm hat &/or sunhat (as appropriate)
		Gloves (if appropriate)
		Waterproof over-trousers
		Cagoule/coat (waterproof & windproof)
		Watch
		Torch (head torch)
		Spare batteries & bulb for torch
		Personal first aid kit
		Water bottle (1.8 -2 Litres) / hydration pack
		Box of matches (in waterproof container) / Lighter
		Wash kit/personal hygiene items / small towel
		Threaded Gas Canister 220g
		Scourers / washing up kit
		Tea towels
		Food as per menu
		Sunblock (if appropriate) Insect repellent
		Rucksack (from stores if needed)
		Rucksack liner (or 2 strong plastic bags)
		Sleeping mat (from stores if needed)
		Sleeping bag (from stores if needed)
		Knife, fork, spoon
		Plate / bowl / Mug
		Tent(s) (from stores if needed)
		Camping stove(s) + Fuel (from stores if needed)
		Spare Toilet paper
		Ball, playing cards etc.

I have deliberately not stated quantities as each person will differ on their thoughts on changing during the weekend. However the more you pack the more the Rucksack will weigh and they will have carry it all. Minimal is the name of the game!!!