

## Expedition Kit List

These are the items you will need to undertake your International Award Expedition.

### **PERSONAL KIT**

- 1 x windproof / waterproof jacket
- 1 x pair walking boots
- 2 x pair walking socks
- 2 x Pair sock liners
- 2 x polyester t-shirts
- 1 x fleece jacket or top
- 1 x pair walking trousers, NOT jeans - polyester or nylon
- 2 x pairs underwear
- 1 x pair of trainers/camp shoes (optional)
- 1 x sunhat
- 1 x pair shorts
- 1 x water proof rucksack liner / large, strong plastic bags
- 1 x waterproof bag for storing your Sleeping Bag
- 1 x sleeping bag liner
- 1 x survival bag (optional)
- 1 x notebook & pen/pencil
- 1 x small torch
- 1 x whistle
- 1 x emergency food rations (NOT to be eaten until the end!)
- 1 x water bottle (1 - 2 Litres)
- 1 x knife, fork, spoon
- 1 x plate/bowl
- 1 x mug
- 1 x wash kit
- 1 x small towel
- Sunscreen
- Insect repellent

### **PERSONAL KIT (provided)**

- 1 x large rucksack (approximately 55-65 litre capacity)
- 1 x sleeping mat.
- 1 x sleeping bag

### **GROUP KIT**

- 1 x waterproof matches / lighter
- 1 x pan scourer
- 1 x tea towel
- 1 X personal first aid kit
- Food – Saturday lunch and trail food
  - Saturday dinner
  - Sunday breakfast
  - Sunday snacks

2 x large bin liners (for rubbish)

### **GROUP KIT (provided)**

- 1 x lightweight tent
- 1 x Trangia stove
- Methylated Spirits

