



# Walking Expedition Kit List

| Items   | Comments                          |
|---|-----------------------------------|
| <b><u>TO WEAR WALKING</u></b>                                 |                                   |
| 1 x pair walking boots or good trainers with grip             |                                   |
| 1 x pair walking socks  |                                   |
| 1x thermal top or T shirt NOT COTTON                          |                                   |
| 1 x fleece  |                                   |
| 1 x walking trousers (NOT jeans)                              |                                   |
| <b><u>PERSONAL KIT (TO CARRY)</u></b>                         |                                   |
| 1 x large rucksack (appr 55-65 litre)                         |                                   |
| 1 x rucksack liner (or 2 x rubble bags)                       |                                   |
| 1 x sleeping mat  |                                   |
| 1 x sleeping bag  | Ideally in a light weight dry bag |
| 1 x sleeping bag liner  |                                   |
| 1 x torch with new batteries                                  |                                   |
| 1 x watch   |                                   |
| 1 x water bottle (2 Litres)                                   |                                   |
| 1 x fork, spoon, bowl or tub /mug                             |                                   |
| 1x first aid kit (painkillers/medication/compeed)             |                                   |
| 1 x small wash kit  |                                   |
| 1 x coat and over trousers (must be waterproof and windproof) |                                   |
| underwear   |                                   |
| 1 x hat (warm) 1 x hat ( sun)                                 |                                   |
| 1 x pair gloves ( fleese)                                     |                                   |
| 1 x thermal long johns and top to sleep in.                   |                                   |
| 1 x waterproof over trousers                                  |                                   |
| 1x thermal top or T shirt NOT COTTON                          |                                   |
| 1 x jumper(woollen or fleece)                                 |                                   |

|   |   |
|---|---|
| <b>Group Equipment</b>                                | You need to work as a group and decide what you need and who is bringing what |
| 1 pan scourer and a small bottle of washing up liquid |   |
| Tent  |   |
| Trangia and gas                                       |   |
| 5 x plastic bags (for rubbish etc)                    |   |
| 1 x box of matches                                    | In a zip lock bag   |
| 1 x notebook & pen/pencil                             |   |
| Hard soap in a box                                    |   |
| Plastic table cloth                                   | So you can keep your food away from the grass                                 |
| Toilet paper  | In a zip lock bag   |
| 1x suncream   |   |

|                            |   |
|----------------------------|---|
| 1x deodorant               |   |
|                            |   |
| <b>Don't bring</b>         |   |
| PJ's                       | You will sleep in your thermals                 |
| Pillow                     | You can use your fleece as a pillow             |
| Any thing electronic       |   |
| A book!                    | Too heavy,                                      |
| Wet wipes                  | They don't disintegrate bring a synthetic cloth |
| Any thing not on the list! |   |