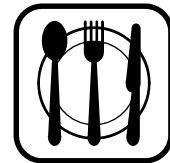


EXPEDITION EQUIPMENT LIST

PERSONAL EQUIPMENT



- Walking boots
- Socks/Underwear
- Long trousers (not jeans)
- Warm shirts / T shirts
- Warm jumper / polar fleece top / hoodie
- Waterproof jacket and trousers
- Warm hat and gloves
- Sleeping bag
- Karrimat
- Personal first aid kit (& medication if needed)
- Personal wash kit / toilet paper / small towel
- Cutlery / cup / plate
- Day rations (packed lunch & snacks)
- Drink (1 litre water bottle)
- Rucksack (approx 65 litres)
- Flip Flops or old trainers (to use around campsite)
- Rucksack liner (heavy duty plastic bag)
- Watch (Mobile phones NOT allowed)



SHARED EQUIPMENT

- Tent
- Map & compass
- Stove & fuel
- Washing up liquid / scourer / tea towel
- Food for main meals (evening & breakfast)
- Matches / lighter
- Torch & spare batteries & bulb
- Whistle (for emergency use only)

