

## Expedition Training – Kit List

Having the right personal equipment is vital to the success of expedition training and offers an ideal opportunity to test it in preparation for your overseas expedition. The following is a guide to what is needed. The list can be adapted to suit personal requirements and the weather, but it is worth remembering that bringing it will probably mean carrying it!

It is a challenging, enjoyable weekend and excellent preparation for your overseas expedition! If you need any further details, please contact the Customer Service Team.

### Individual List

- Sleeping bag & liner
- Sleeping mat (only if camping)
- Large expedition rucksack (65 litres)
- Rucksack liner
- Small day bag and waterproof liner (approx. 25-30 litre rucksack)
- Waterproof stuff sacks (bin liners / plastic bags are okay but use the strong ones)
- Walking boots (recommend good quality, with high ankle support)
- Waterproof jacket AND trousers
- 1x thick jumper/fleece
- 1x lightweight fleece
- 2x long sleeved tops
- 2x T-Shirts
- 2x pairs walking trousers
- Thermal / warm clothes (for cold weather / nightwear)
- Underwear as required
- 3x pairs of thick socks
- 3x pairs thin / lining socks (if required)
- Warm hat & gloves (1x set)
- Sunglasses, lip salve
- Wash kit & towel (lightweight towel recommended)
- Hand sanitiser – dry gel (no water needed, good for travelling, wet wipes also good)
- Torch & spare batteries (head torch strongly recommended)
- Small note book (in a waterproof bag)
- Pencil (better than a pen when wet!)
- Watch, small Swiss Army Style penknife (please be careful when handling the knife at all times)
- 2x water bottles (1 litre each or Camelback bladder)
- Knife, fork, spoon, (or 'spork'), bowl & mug
- Plasters/Blister patches
- 24 hours' worth of emergency food (2 flapjacks, pack biscuits, 2x dried pasta meals (just add water type) chocolate bars, 2x sachets of hot chocolate drink)

## Cold Weather Extras

If it is likely to be cold during your training weekend we suggest you bring a few extra items to keep you warm and happy. As it is unlikely you will need these items for your actual overseas expedition, we suggest you borrow them from friends or family rather than buying them.

Don't worry about fitting your extra items in to your rucksack, or having to carry extra weight, bring them in a separate bag which you can leave at the campsite.

- Extra set of gloves or mittens
- Extra hat or balaclava
- Extra set of warm clothes for sleeping in, including thick socks
- Borrow a thicker sleeping bag or bring a warm blanket to go over your sleeping bag

## Group Kit

You will need to organise with your team who is going to be responsible for bringing the following items for team use.

- 'Long' safety matches (waterproof ones are ideal)
- Bin bags – for waste
- You must bring all the food for your expedition training with you. Your teacher has been given your food budget and you will need to shop before you leave.

**These items will be provided for you by Outlook**

- Tents
- Stove and fuel
- Washing up kit
- Walking safety rope, sling and karabiner
- Maps & compass
- Group First Aid kit and chlorine tablets (to allow participants to sample the taste of chlorinated water)

