

Kit List

This is a suggested list – do not panic! You are advised to take no more than outlined below. Consider the length of expedition, weather conditions and the physical limit of what you **can** carry. You should weigh your rucksack before the expedition and it should not weigh more than 25% of your own body weight. You will need to prioritise the most important equipment (you do not need many spare clothes)

Clothing:

Strong walking shoes/trainers with ankle support	Socks
Sweat pants or leggings (no jeans)	Underwear
Shirt (short/long sleeved)	1 Sweater or fleece
Waterproof rain jacket (preferably knee length) if required	Night clothes
Waterproof trousers if required	
Headgear (baseball cap or woolly hat)	
Plastic bags for putting everything in to keep waterproof	
Pair of flip flops/crocs style shoes for wearing in camp	

Other Items:

Rucksack – 55 - 65 litres - one which is adjustable – make sure it fits you comfortably	
Sleeping bag	2 small/medium water bottles
Karimat	Cooking utensils
Wash Kit/wipes (minimal items)	Knife, fork, spoon, cup and plate
Small towel	Torch and spare battery
Sunglasses	Any medication you need
Sun cream	
Insect repellent (optional)	

Group Items:

Tent	Food
First Aid Kit	Matches
Toilet roll	Compass (not compulsory)
Stoves (Trangia 1 between 2 or 3)	
Fuel bottle per stove (and methylated spirit in proper fuel container)	
If you are using a Gas stove then make sure you have enough gas to last you	
A small amount of emergency money	
Mobile Phone (for emergency contact with leaders not social calls)	

