

## Expedition Kit List

### Personal equipment to wear or carry in rucksack

Waterproof jacket with hood

Waterproof over trousers

Warm hat and gloves

Sun hat and sun cream (NO AEROSOLS)

1 x thermal or 'wicking' top to wear next to skin

1 x trousers suitable for outdoor wear – leggings, tracksuit trousers etc (not jeans) If wearing shorts these trousers need to be in the rucksack

Walking boots /shoes (with ankle support and good grip)

1 x pairs thick walking socks

Packed lunch and water bottle for Saturday

Torch

Compass (optional)

Medication – asthma inhalers, epi pen, etc

### Personal equipment to be transported on Saturday in second bag

1 x trousers suitable for outdoor wear – leggings, tracksuit trousers etc (not jeans)

1 or 2 spare thermal or 'wicking' top to wear next to skin

Spare warm top

Swim suit

2 x pairs thick walking socks

Spare underwear

Sleeping bag & mat

Snacks and food/drink to supplement meals (see menu)

Camping bowl/plate

Camping mug

Cutlery

Wash kit – dependent on child's specific hygiene requirements! (NO AEROSOLS)

Midge repellent/hood if you have them (NO AEROSOLS)

Large waterproof bag (bin bag) to keep rucksack contents dry

### Equipment provided by school

Tent

Trangia stove

Map of area

Some meals – see menu

Methylated spirit fuel for stove

Matches for stove

'Wild' toilet kit

Antiseptic wipes

Washing up kit

### Transporting equipment

**The items in red should be in the child's rucksack / worn for walking on Saturday, the items in black should be in a separate bag for transporting to the campsite**

## Expedition Kit List

### Kit List

The following underlined items are needed in school for our first expedition club sessions on Thursday, 3.4.25.

#### Personal equipment to wear or carry

Waterproof jacket with hood

Waterproof overtrousers

Warm hat and gloves

Thermal or 'wicking' top to wear next to skin

Warm top preferably fleece-not cotton

Rucksack big enough for all equipment to go in

Trousers suitable for outdoor wear – leggings, tracksuit trousers etc (not jeans or cotton)

Walking boots (with ankle support and good grip)

Thick walking socks

Medication – asthma inhalers etc as necessary

Suncream and hat if appropriate

Water bottle

**If you need to borrow a  
waterproof, ruck sack or walking  
boots / shoes please let Mr. Davies  
know on Wednesday 2.4.25**

PLEASE ENSURE ALL THIS  
EQUIPMENT IS CLEARLY LABELLED.