

WALKING EXPEDITION EQUIPMENT

PERSONAL EQUIPMENT

Rucksack and Rucksack Liner
Hiking Boots
Hiking socks 3 Pairs
Gaiters
Waterproof Jackets
Waterproof Trousers
Hat and Gloves
Fleece
Under wear
Long sleeve T shirt
Sun Hat
Spare Top
Spare Trousers
Spare underwear
Spare Socks
Spare footwear for the evening
Sleeping Bag
Sleeping Mat
Plate, cup, knife, fork and spoon
Water Bottles (2 x 1 Litre)
First Aid Kit
Survival Bag
Whistle
Torch with spare batteries and bulb
Small Wash Kit
Washing up liquid (small amount)
Scourers
Matches

MAIN CAMP EQUIPMENT LIST

Bag (Suitable for Airplane, Not suitcase)
Full Uniform in suit bag
Group Polo Shirt
Additional clothing for camp (Enough for 10 days.).
Swimming Kit
Towel
Personal Wash Kit
Old shoes for water activities
Plate, bowl, cup, knife, fork & spoon
2 Tea Towels
Plastic bags for dirty clothes

Homemade cake in container.

GROUP EQUIPMENT

Supplied by unit

Tent
Stove
Fuel
Billies
Food
Emergency food
Map and Compass
Map case

FIRST AID KIT

Triangular Bandage
Plasters
Transpore
Gauze Swabs
Ambulance Dressing (medium)
Antiseptic Wipes and Cream
Small pair of Scissors
Sterile Needle
Blister Pack
Paracetamol or Aspirin
Antihistamine (Cream and Tablets)
Water Sterilising Tablets