



## Expedition equipment Check List

### PERSONAL EQUIPMENT

(to be carried by each individual)

- |                                                                       |                                                              |
|-----------------------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> Boots (broken in) + spare laces              | <input type="checkbox"/> Whistle                             |
| <input type="checkbox"/> Socks                                        | <input type="checkbox"/> Coins/card for telephone            |
| <input type="checkbox"/> Shirts/T Shirt                               | <input type="checkbox"/> Notebook, pen, pencil and sharpener |
| <input type="checkbox"/> Sweater/fleece                               | <input type="checkbox"/> Water bottle                        |
| <input type="checkbox"/> Trousers (NOT jeans)                         | <input type="checkbox"/> Expedition Safety card              |
| <input type="checkbox"/> Underwear                                    | <input type="checkbox"/> Bivvy bag (optional at Bronze)      |
| <input type="checkbox"/> Trainers (optional)                          | <input type="checkbox"/> Emergency food rations              |
| <input type="checkbox"/> 1 x complete change of clothing              | <input type="checkbox"/> Matches                             |
| <input type="checkbox"/> Extra warm clothing +hats/gloves             | <input type="checkbox"/> Camera and film (optional)          |
| <input type="checkbox"/> Sun hat and sun cream (if appropriate)       |                                                              |
| <input type="checkbox"/> Shorts (if appropriate)                      |                                                              |
| <input type="checkbox"/> Waterproof jacket/coat                       |                                                              |
| <input type="checkbox"/> Waterproof trousers (if appropriate)         |                                                              |
| <input type="checkbox"/> Gaiters (optional)                           |                                                              |
| <input type="checkbox"/> Large rucksack (55-65 litre Capacity)        |                                                              |
| <input type="checkbox"/> Strong, large plastic bag (to line rucksack) |                                                              |
| <input type="checkbox"/> Sleeping bag                                 |                                                              |
| <input type="checkbox"/> Sleeping mat                                 |                                                              |
| <input type="checkbox"/> Small sum of money (optional)                |                                                              |
| <input type="checkbox"/> Knife, fork, spoon                           |                                                              |
| <input type="checkbox"/> Plate/bowl                                   |                                                              |
| <input type="checkbox"/> Mug                                          |                                                              |
| <input type="checkbox"/> Soap, towel + toiletries (small)             |                                                              |
| <input type="checkbox"/> Tooth brush and tooth paste                  |                                                              |
| <input type="checkbox"/> Toilet paper                                 |                                                              |
| <input type="checkbox"/> Map(s)                                       |                                                              |
| <input type="checkbox"/> Compass                                      |                                                              |
| <input type="checkbox"/> Watch                                        |                                                              |
| <input type="checkbox"/> Torch and Spare Bulb and Battery             |                                                              |
| <input type="checkbox"/> First aid kit (personal)                     |                                                              |

### GROUP EQUIPMENT

(to carry between the team)

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|----------------------------------------------------------------|
| <input type="checkbox"/> Tents                                 |
| <input type="checkbox"/> Stoves (and fuel)                     |
| <input type="checkbox"/> Matches (sealed in a dry container)   |
| <input type="checkbox"/> Cooking pots (if not part of stove)   |
| <input type="checkbox"/> Soap pads or sponge with abrasive pad |
| <input type="checkbox"/> Washing-up liquid                     |
| <input type="checkbox"/> Tea towels                            |
| <input type="checkbox"/> Water container                       |
| <input type="checkbox"/> Food (small and lightweight)          |
| <input type="checkbox"/> Trowel (if appropriate)               |
| <input type="checkbox"/> Route card(s)                         |
| <input type="checkbox"/> Map cases                             |
| <input type="checkbox"/> Pack of cards/small game (optional)   |
| <input type="checkbox"/> Plastic bags (for rubbish etc.)       |