

Expedition Equipment Checklist

All participants should make their own checklists of equipment when they start to prepare for their first practice journey. The list below can be used as a guide with items being added or deleted according to personal needs and experience. All individuals must always carry the personal emergency equipment listed below. Reference should be made to the relevant chapters in the *Expedition Guide*.

PERSONAL EMERGENCY EQUIPMENT (to be carried by each individual)

- Map(s)
- Compass (optional at Bronze and Silver)
- Watch
- Torch and Spare Bulb and Battery
- First aid kit
- Whistle
- Coins/card for telephone
- Notebook and pen/pencil
- Spare jumper/sweater
- Waterproof jacket/coat
- Water bottle
- Expedition Safety card from *Entrance Pack* (optional at Bronze and Silver)
- Extra warm clothing including head gear and gloves (optional at Bronze and Silver)
- Waterproof trousers (if appropriate)
- Bivvy bag/large poly bag (optional at Bronze)
- Emergency food rations (optional at Bronze and Silver)
- Matches (optional at Bronze and Silver)

PERSONAL CAMPING EQUIPMENT

- Large rucksack (Approximately 55-65 litre Capacity)
- Strong, large plastic bags (to line your rucksack)
- Sleeping bag
- Sleeping bag inner (optional)
- Sleeping mat
- Small sum of money (optional)
- Knife, fork, spoon
- Pocket knife (small)
- Plate/bowl
- Mug
- Soap and towel (small)
- Tooth brush and tooth paste
- Toilet paper
- Camera and film (optional)

CLOTHING

- Boots (broken in)
- Socks
- Shirts
- Sweater
- Trousers (NOT jeans)
- Underwear
- Trainers (optional)
- Sun hat and sun cream (if appropriate)
- Gaiters (optional)

GROUP EQUIPMENT (to carry between the team)

- Tents
- Stoves (and fuel)
- Matches (sealed in a dry container)
- Cooking pots
- Soap pads or sponge with abrasive pad
- Washing-up liquid
- Tea towels
- Water container
- Food (small and lightweight)
- Trowel
- Route card(s)
- Map cases
- Pack of cards (optional)
- Plastic bags (for rubbish etc.)

For equipment specific to the mode travel see the relevant chapter in the *Expedition Guide*.