

## Essential Expedition Kit List

### Personal Kit

1. Underwear & socks
2. T-shirt
3. Shorts / longs
4. Sun hat
5. Hoodie / jumper
6. Light weight coat
7. Wash kit (toothbrush & paste, deodorant)
8. Food
9. Drinking bottle
10. Cash & mobile phone
11. Cutlery & Tupperware box (to eat from)
12. Sleeping bag & roll mat (both **must** to wrapped in a strong heavy duty polythene bag ([Garden Sacks Heavy Duty 10pcs : Amazon.co.uk](#)) as an example)
13. Sun cream
14. Personal medication

### Group Kit – to be decided beforehand who is bringing what and shared equally

1. Tent (provided by Carrington – please let us know if you are bringing your own tent)
2. Trangia, fuel & matches (Trangia provided by Carrington – matches will be needed)
3. Maps & compass (provided by Carrington)
4. First aid kit, meds & loo roll
5. Washing up liquid, sponge or scourer & tea towel
6. Wooden spoons
7. Torch - (optional as your phone has a torch function)

VIDEO How to pack a rucksack [Packing for Bronze D of E - YouTube](#)