

Essential Expedition Kit List

Personal Kit

1. Suitable Footwear – preferably walking boots
2. Underwear and Socks
3. T-shirt
4. Shorts / Trousers / Leggings
5. Hoodie / Jumper
6. Waterproof Coat
7. Wash Kit (toothbrush & paste, deodorant)
8. Food
9. Water bottle (minimum 2 litres)
10. Mobile Phone, Charger and Power Bank
11. Cutlery and Bowl or Tupperware Box (to eat from)
12. Sleeping Bag and Roll Mat
13. Sun Cream and Sun Hat
14. Personal Medication and First Aid Kit

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

1. Tent (provided by Carrington)
2. Trangia, Fuel and Matches (Trangia and Fuel provided by Carrington – matches will be needed)
3. Maps and Compass (provided by Carrington)
4. First Aid Kit and Loo Roll
5. Washing up Liquid, Sponge and Tea Towel
6. Bin Bags
7. Torch

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