

### Kit list for practice expedition

You are going on this expedition and will have to carry it for two days of walking so make sure you pack your rucksack. Consider weight, how much room something takes up and where you'll put it.

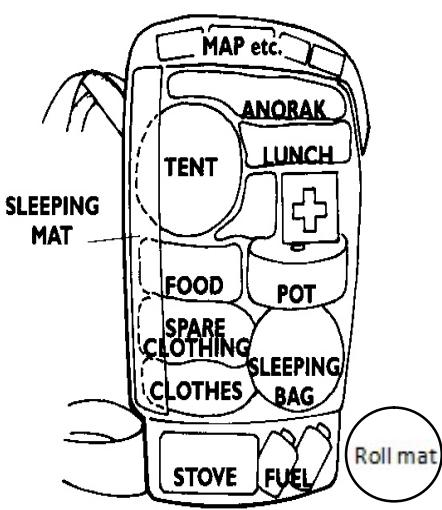
For many students, this will be the first time that they will have walked any distance with an expedition pack on their back so you don't want to be carrying unnecessary weight. Pack early (Thursday evening) to ensure that nothing is forgotten (use the checklist over the page).

**You are expected to be self-sufficient.** You will need to carry everything that you will need for two days of walking and one night of camping. Some items (i.e. Trangia and tent) will be split up between your group. One person carries the stove, one the poles & pegs, one the tent inner & outer.

Your pack weight should be no more than a quarter of your body weight; around 12kg should be about right. School will provide you with a rucksack. These need to be looked after and returned promptly (they will have to be re-issued for the next weekends expedition). Please don't sit on them while on an expedition (more likely you'll damage something inside), throw them down (would you do this if you had spent £80 on it and it was yours?) and remember to help each other on with them.

In addition to the rucksack, each group will be loaned a tent. One map & compass and a Trangia stove. When equipment is collected (after school on the Thursday before an expedition) a £10 deposit will be required per pupil. This will be returned in full provided equipment is returned clean, undamaged and on time.

**Do think very carefully about how you pack your rucksack.**



Items such as a first aid kit, snacks etc need to be accessible - side pockets.

**Last out, first in** - items you will need at the camp site such as your sleeping bag should go in first. Food and waterproofs should be at the top. Bring a few spare plastic bags too.

Nothing should be dangling off the outside of the rucksack - the only thing should be the roll mat, wrapped up.

Bring trainers / wellies to change into but these need to be left on the bus before you set off and given out to change into before we set off home at the end of the second day.

Split the cost of some of the items you will need to purchase e.g. the food - can you cook together?

I would recommend that you obtain at least **one additional O.S. map** for your group (Explorer OL41). If you buy a paper version rather than the laminated one, you'll need to keep it dry. I would suggest that you also buy or borrow another **compass**.

Read this carefully:

Item	Advice	Packed ?
	I would recommend you purchase an additional O.S. map and compass.	
Sleeping bag	Check the size when in its stuff sack - will it end up taking up half of your rucksack? Kept inside its stuff / compression sack. 3 season, mummy style. These should be stored at home out of the bag - over time fibres get crushed and they lose their insulating properties. How small will this pack down?	
Roll mat	Don't expect to sleep on the floor of the tent without something to insulate you! Unless you get a more expensive self-inflating one, a sponge sleep-mat will be sufficient. Keep this wrapped up on the outside of your rucksack.	
Torch	Head torches are useful as they keep your hands free but a handheld one is fine. Make sure it works; spare batteries might be worth bringing.	
First aid kit	This should be personal to you and at least should contain some blister plasters.	
Whistle	Although each group will be issued with an emergency phone a whistle is a backup. Six short blasts each minute signal that you need help.	
Water bottle	You should be carrying up to 2 litres with you and drink 6 over the course of the day. <b>We only require you to carry one litre.</b> Plastic water bottles are fine, if you use an aluminium 'Sigg' type water bottle, these can be filled with hot water at night to keep you warm in your sleeping bag!	
Small wash kit	Tooth paste & brush, small container of liquid soap etc. Travel toiletries are great for this.	
Small towel	A small towel from home will be fine but you can get travel towels from outdoor shops which are quick drying (ie Dry Lite).	
Food	Anything which could spill should be wrapped up sandwich bags. Remember the meals you will be eating and cooking (do you really need to bring that big bag of pasta?). Think carefully about what to bring and think back to the training session you had on food.	
Cutlery	Plastic, picnic-style knife, fork and spoon will be fine. Sporks are great. You will not need ( <b>and don't bring</b> ) a pen knife. Would a wooden spoon be useful? One per tent. Think about bringing a small scourer and a small amount of washing up liquid.	
Waterproofs	Wind and waterproof jacket and over trouser only are gaiters are optional.	
Spare clothing	A t-shirt for the second day, socks, warm top, underwear, hat, gloves, spare leggings or trousers.	
Emergency rations	This should be a small pack of food items which need only be used in an emergency, for example a cup-a-soup, chocolate bar. Ideally kept in a small plastic bag.	

Group items:	Who has it?	Packed?
Tent: fly sheet (outer)		
Tent: inner		
Tent: poles		
Tent: pegs		
Trangia stove & gas		
Tent ground sheets		