

## **Kit list: 2-Day Expedition (Bronze)**

### **Personal Kit**

**While all kit can be provided by the school, it is strongly recommended that for reasons of comfort and hygiene participants provide the following items themselves:**

Warm hat x2  
T-shirt or base layer x2  
Fleece top x2  
Gloves x 2 pairs  
Light polycotton or synthetic trousers (e.g. walking trousers, tracksuit bottoms, NOT jeans)  
Woollen walking socks x2  
In hot weather: sun hat  
In cold weather: thermal leggings or pyjama bottoms  
Water bottle (500ml – 1 litre)  
Eating utensils  
Food (3 meals for cooking, 2 snack lunches, additional snacks)  
Wash kit (flannel + anti-bacterial soap/gel or antibacterial wipes)  
Small personal First Aid Kit (plasters, antiseptic wipes)  
Bio-degradable toilet paper  
Rubbish bag (large sealable freezer bag or small bin liner)

### **Additional Individual Kit**

**The following individual kit will be provided, but participants may substitute their own kit if they wish:**

Walking boots  
Waterproof jacket  
Waterproof trousers  
Gaiters  
Rucksack (50-70 litre)  
Head Torch  
Sleeping bag (3 season)  
Sleeping mat  
Waterproof matches or lighter

### **Group and Emergency Kit**

**The following kit will be issued by the school. Participants may substitute their own kit having first had it checked by their instructor:**

Survival bag  
Emergency whistle  
Map  
Compass (pair)  
Storm shelter (group)  
Tent (4-man)  
Cooking stove & fuel (group)  
Trowel (group)