

Walking Training Week / Expeditions Kit List

Individual:

Rucksack (50-65 Litre)*
Daysack
Trousers for walking x 2(not jeans)*
Boots*
Gaiters
Socks for duration of training period (not rugby socks)*
Shirt/T shirt for walking x 4*
Dry kit for tent (trousers and shirt)*
Waterproof jacket with hood*
Waterproof trousers*
Fleece or sweatshirt*
Warm hat*
Gloves*
Sun hat (baseball cap or similar)*
Sleeping bag (appropriate for season)*
Roll mat*
Bags for waterproofing kit*
Personal food*
Spoon*
Small First Aid Kit (for blisters and pain)*
Torch*
Rubbish Bag*
Mug*
Compass*
Orange Survival Bag*
Notebook and pencil

Clothes for in camp – jeans, trainers etc
Personal toiletries

Group Kit:

Tent (between two)*
Stove and Fuel*
Cooking pots*
Maps x 2*
Route card*
Means of lighting stove*
Sun tan cream*
Group Shelter*
Trowel and toilet paper*
Cleaning pad for pans*
Group first aid kit*

Items marked with a * are essential. School has a stock of equipment which can be borrowed but this is limited.