



Expedition Kit List

Rucksack (expedition size)
Waterproof Rucksack liner

To wear when walking

Boots
pair of quality walking socks
Waterproof jacket and over trousers
Base layer top
Mid layer fleece
Suitable walking trousers (no jeans)
Appropriate hat for conditions (sun hat or woolly)

To pack in rucksack

Spare pair of socks
Spare base layer
Spare warm top (Hoody, fleece)
Spare trousers or leggings
Spare pair of underwear
Sleeping bag
Personal hygiene items (toothpaste, toothbrush, hand sanitiser gel)

Additional items

Water bottle
Sun cream
Foot care blister pads
Eating utensil
Mug
Bowl
Torch (not wind up)

Spirit of Adventure will provide

Tent
Gas cooker
First aid kit
Sleeping mat if needed
Map
Water purification tablets
Compass
High visibility vest