

## Kit List - basic

### Personal

Rucksack (55 - 65 litre)

Sleeping Bag

Roll Mat

Boots

Walking Socks

Waterproof Coat

Waterproof Pants

Spare clothes (No jeans & remember layering clothing is warmer)

Hat/baseball cap

Gloves (check weather)

Small torch/head torch & Batteries

Drinks Bottle/hydration pack/platypus

Food (the correct amount for your expedition)

Knife/Fork/Spoon/Plate/Mug

Toiletries & small towel (Please keep these to a minimum)

Sun Cream/ glasses (check weather)

Any Self-Medication/inhaler

**Record Book/Pack** (On your Qualifying venture you will not be allowed to participate if you do not show us that your training is signed off!)

### Group

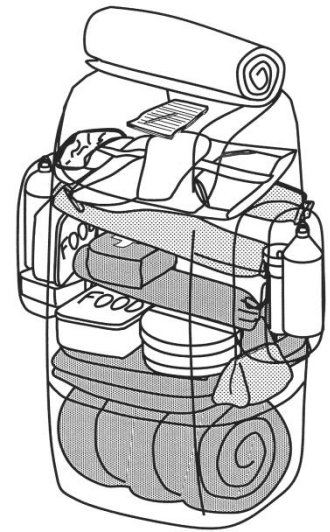
Tent

Stove & fuel Bottle (one stove per pair)

Tea Towel & Washing up liquid/pan scrub

Matches/lighter

First Aid Kit



- *It is always best if you can supply as much kit as possible yourself*
- *Having said that, don't go out and buy equipment or clothing for the sake of it - we do have a campstore with a number of most items you can borrow if you let us know in good time.*
- *If in doubt about anything, please contact a member of staff found at any Open Award Centre on the website*