

## Expedition Equipment List

Day Walk	Expedition
<b>Clothing</b>	
Walking Boots (Broken in)	Walking Boots (Broken in)
Walking Socks (2/3 season)	Walking Socks (2/3 season)
Walking Trousers (No Jeans)	Walking Trousers (No Jeans)
Thermal Top or Shirt	Thermal Top or Shirt
Fleece/Sweatshirt	Fleece/Sweatshirt
Waterproof Jacket & Trousers	Waterproof Jacket & Trousers
Hat (Warm/Sun)	Hat (Warm/Sun)
Gloves	Gloves
Gaiters (Optional)	Gaiters (Optional)
<b>Rations</b>	
Food	Food
Water/Drinks	Water
	Emergency Rations (Sealed)
<b>Equipment</b>	
Day Sack (25-30 Litre)	Ruck Sack (65 Litre)
Personal First Aid Kit	Personal First Aid Kit
Whistle	Whistle
Torch and Batteries	Torch and Batteries
Phone (Charged/Waterproofed/Off)	Phone (Charged/Waterproofed/Off)
Coins for Phone	Coins for Phone
Sun Screen/Lip Balm	Sun Screen/Lip Balm
Note Book/Pen or Pencil	Note Book/Pen or Pencil
Survival Bag	Sleeping Bag
Flask (Optional)	Insulation Mat
	Matches/Lighter
	Mug
	Plate/Bowl
	Knife Fork Spoon/SPORK
	Soap
	Toothbrush
	Towel
<b>Spare Clothing</b>	
	T-Shirt
	Fleece/Sweatshirt
	Trousers (No Jeans)
	Underwear
	Socks
	Spare shoes Flip-flops Crocs (optional)
<b>Group Equipment</b>	
	Tent
	Cooker & Fuel
	Trowel
	Toothpaste
	Toilet Paper
	Washing Up Liquid
	T Towel