

Silver Expedition Kit List

*Rucksack – must be at least 65l. If your rucksack is smaller, borrow one.

CLOTHING

Walking boots

Walking socks x 2 pairs

Tee shirts x2

Light fleece/sweater x2

Walking trousers (lightweight, not jeans)

Shorts

Undies

Socks

Waterproof jacket

Waterproof trousers

Trainers or sandals

KEEPING SAFE AND HEALTHY

2 ½ litres water

Suncream

Sunhat

Any personal medication

Personal first aid kit (plasters, blister plasters wipes etc.)

*Torch (I have some headtorches you can borrow)

*Roll mat

*Sleeping bag (if yours is huge, borrow one)

Wash kit (use the small shower gels from hotels, keep it light)

Small towel

FOR THE JOURNEY DOWN AND THE POOL AT THE END

Small rucksack containing:

Packed lunch

Swimming shorts

Big towel

1 x Sleeping mat

1 x Sleeping bag (in a waterproof bag)

EATING

Knife, fork, spoon, plate, mug

Box of matches (sealed in a dry container or bag)

Emergency rations: 2000 calories of high-energy stuff you don't eat until the end of the expedition

GROUP KIT

*1-2 x Tents

*2-3 x Stoves (& fuel)

*Maps (1:25 000 laminated)

*Compasses

GROUP KIT (to carry between the team)

3 x Scourers

Tea towel

First Aid Kit

5 x Plastic bags (for rubbish etc.)

1 x Camera (optional)

1 x Pack of cards (optional)

Food (small & lightweight, and sufficient for three lunches, two dinners, three breakfasts, remembering you'll be walking a long way.

We can get this at Tesco shortly before we reach the first campsite)

Everything you carry should be able to fit **INSIDE** your rucksack, except at most your rollmat.

If it can't, you're carrying too much.

Keep water, waterproofs, snacks and first aid kit in handy pockets.

Try to pack heavy items close to your spine and near the top

First things out should be last things in

Your whole rucksack should weigh no more than 18kg.

Keep everything dry by lining your rucksack with a bin liner, double-bagging your sleeping bag.