

About compulsory items

There are compulsory items are highlighted in **green**. At the start of each expedition your leader will check that you have all of these. If you do not have them, you will **not be allowed to walk**. You will have to go home. This is to keep not just you safe but also your team.

You have been shown all these items on the school Planning day. You can read about why these are critical and how to check the quality of each item in our Clothing & Equipment Advice Booklet. Also check our [Youtube](#) channel for advice.

You bring 2 pairs of clothing: the pair of clothing you are wearing when you arrive on day 1 counts as the first pair and so there must be at least 1 full extra set of clothing in your bag for you to change into.

PERSONAL CLOTHING

Got it	Packed it	Item needed	Please check items:
		1 pair of WATERPROOF walking boots (broken in) NOT SHOES	Fabric boots are better than leather for beginners - lighter, less sweaty and less tiring and unlikely to blister. Only buy leather boots if you have already walked in them a lot. Shoes are not accepted as they do not provide ankle support - if you come in shoes you will have to go home.
		Waterproof OVER -trousers	You must have these as well as walking trousers or leggings. You must have this second waterproof layer to put on top, even if no rain is forecast.
		Jacket/coat (waterproof & windproof)	Must have taped seams and hood . If you cannot see seam tape then do not bring it. Do not bring ski jackets, or anything from Trespass or Superdry, even if it says waterproof on them.
		2 fleece tops	Must be made from polyester. Cotton hoodies are dangerous and shouldn't be in your bag.
		Warm hat &/or sunhat	Warm beanie even in summer months as you could be on windy hill tops in the rain.
		1 pair of gloves	Even in summer. Thin ones are only OK for June to Aug.
		2 pairs of walking socks	Thick ones protect your feet better than thin ones.
		2 long sleeve t-shirts (no short-sleeves)	Long sleeves protect from sun and insects better than cream. Polyester, never cotton.
		1 or 2 walking trousers	Warm, polyester. Never jeans or cotton. Can be leggings but must be thick enough to protect you from nettles, thorns, insect bites and ticks/fleas. The pair you are wearing is pair one. And then bring a second pair if it is forecast to be wet.
		Underwear	Look for antimicrobial sports pairs for reduced smell.
		Insulated jacket ('puffa')	Synthetic insulation - never down feathers. Complusory for Gold (or a second larger fleece to go over first fleece).
		Head/Neck Scarf	Buff
		Sunglasses	Very important for hay fever sufferers too.

PERSONAL KIT

Got it	Packed it	Item needed	Specific tested items we recommend
		Wrist watch	This is for navigation. It cannot be your phone.
		65 to 70 Litre Rucksack	Must not be smaller. If in doubt look up size online or get new one.
		Sleeping bag	Rated for at least 3 seasons, or 2-5°C comfort. Must be inside your rucksack and inside waterproof bag.
		Sleeping mat	Foam or air mattress. Must be inside waterproof bag.
		Head torch (and spare batteries)	Must not be handheld. Head torches allow you to use both hands to work in the dark.
		Waterproof bags	All your clothing, and sleeping bag must already be in waterproof bags before you come. Even if no rain forecast.
		Personal first aid kit	Make sure there are blister plasters and you haven't used plasters from last expedition.
		Medication	If you have asthma or an allergy you cannot go walking without your inhaler or epipen.
		2L Water bottle or hydration pack (or 2 smaller bottles)	For warm days you must have and drink 2L otherwise you get ill and have to go home. This happens to one child per expedition - make sure it's not you. There is nowhere to fill up en-route.
		Expedition food	Planned meals, snacks and include emergency rations. You will need to eat and drink at least twice what you eat on a school day.
		Fork / spoon / bowl / lunchbox / mug	
		Wash kit/personal hygiene items	some items could be shared as a group
		Sunblock, Insect repellent and bite cream	
		Small quantity of money (optional)	Might be important in an emergency
		Camera (optional)	
		Tick remover (optional)	Provided if necessary
		Small pocket tool	optional

GROUP KIT (to carry between the team)

Got it	Packed it	Item needed	Specific tested items we recommend
		Tent(s)	Provided
		Camping stove(s)	provided
		Campingstove fuel	provided
		Cooking pans	provided
		Pot scourer & washing up liquid	
		Tea towel	
		Plastic bags (for rubbish etc.)	
		Toilet paper and trowel	
		Maps (1:25 000/1:50 000)	provided
		Compass & map case	provided
		Water purifying tablets	provided
		Foil survival bag	provided
		Group emergency shelter	provided