



Expedition Kit List



CLOTHING

Got it	Packed it	Item needed	Specific items we recommend
		1 pair walking boots (broken in)	Craghoppers – Tromp Walking Boot, Yomp Trail Shoe
		2 pairs walking socks	
		2 pairs sock liners (optional)	
		2-3 t-shirts	Craghoppers – Base T
		Thermal t-shirt (optional)	Craghoppers – Base T
		2 fleece tops or similar	Craghoppers - Vector Soft Shell Zip-Neck, Vicona Soft Shell Zip-Neck, Vector Soft Shell Jacket, Vicona Soft Shell Jacket
		2 walking trousers (warm, NOT jeans)	Craghoppers - Venturer Trousers, Ventura Trousers
		Underwear	
		Sports bra (optional)	Shock Absorber - RUN Bra, MAX Bra
		Nightwear	
		1 pair of trainers (optional)	
		Warm hat (if appropriate)	
		Sunhat (if appropriate)	
		1 pair gloves (if appropriate)	
		1 pair shorts (if appropriate)	
		1 pair of trainers (optional)	
		Suncream (if appropriate)	Lifesystems - Mountain Formula SPF25, Mountain Formula SPF50, Mountain Combi Stick SPF50
		1 pair gaiters (optional)	
		Waterproof over-trousers	Craghoppers - Pakka Plus Overtrousers
		Cagoule/coat (waterproof & windproof)	Craghoppers - Venture Shell, Pakka Plus Jacket

PERSONAL KIT

Got it	Packed it	Item needed	Specific items we recommend
		Rucksack (approx. 55-65 litre)	Vango - Contour, Sherpa, Pumori
		Rucksack liner (or 2 x plastic bags)	Lifeventure - Dri-store Bags (2, 5, 10, 15, 25, 40, 70 litres)
		Sleeping mat	Vango - Adventure, Trek, Ultralite
		Sleeping bag	Vango - Nitestar, Ultralite, Supernova
		Waterproof bag for storing sleeping bag	Lifeventure - Dri-store Bags (2, 5, 10, 15, 25, 40, 70 litres)
		Sleeping bag liner (optional)	Lifeventure - Expedition Cotton Rectangle Sleeper, Expedition Cotton Mummy Sleeper
		Survival bag	Lifesytems - Thermal Bag, Thermal Blanket, Survival Bag, Blizzard Bag
		Small quantity of money (optional)	Call4Five Card for telephone
		Notebook & pen/pencil	
		Watch	
		Whistle	Lifesytems - Survival Whistle, Safety Whistle
		Torch (handheld or head torch)	Lifesytems - Intensity 60 Torch, Intensity 220 Torch
		Spare batteries & bulb for torch	
		Personal first aid kit	Lifesytems - Camping First Aid Kit, Trek First Aid Kit, Burns First Aid Kit
		Emergency food rations	
		Water bottle (1-2 Litres)	Lifeventure - Stainless Steel Bottle (600ml, 800ml), Tritan Flask (500ml, 1000ml)
		Knife, fork, spoon	Lifeventure - Basic Knife Fork & Spoon Set, Folding Knife Fork & Spoon Set
		Small pocket knife/pocket tool	Victorinox - Pocket Tool
		Plate/bowl	Lifeventure - Camping Bowl, Camping Plate, Titanium Plate, Lexan Camping Set
		Mug	Lifeventure - Camping Mug, Titanium Mug
		Box of matches in waterproof container	Lifesytems - Windproof Matches
		Wash kit	Lifeventure - Wash Bag (Small), All Purpose Soap, Dry Wash Gel
		Towel	Lifeventure - Expedition Trek Towel (Small, Medium, Large)

GROUP KIT (to carry between the team)

Got it	Packed it	Item needed	Specific items we recommend
		Tent(s)	Vango - Hurricane, Typhoon, Spectre, Apex, Chinook, Banshee, Equinox, Tempest, Cyclone, Halo, Omega, Spirit
		Camping stove(s)	Trangia - 25-1UL, 25-5UL, 25-1GB/UL, 25-2GB/UL, 25-5GB/UL, 27-1UL, 27-5UL, 27-1GB/UL, 27-5GB/UL
		Camping stove fuel in an appropriate & safe container	Trangia - Fuel Bottle 0.5L, 1.0L
		Cooking pans	Included with Trangia stoves
		Scourers	
		Maps (1:50 000/1:25 000)	
		Compasses	
		Map cases	
		Camera (optional)	
		Toilet paper	
		Tea towels	
		Food (lightweight)	
		Plastic bags (for rubbish etc.)	

I confirm that my son/daughter has the appropriate equipment, as outlined above, in order to participate in their D of E expedition.

Parent/guardian signature: _____

Participant signature: _____

Group leader signature: _____

ADDITIONAL OPTIONAL KIT for you to consider

Got it	Packed it	Item needed	Specific items we recommend
		Storm shelter	Vango - Storm Shelter.
		Stove accessory	Trangia - Multidisc 25 series, Multidisc 27 series
		Insect Repellent	Lifesystems - Expedition 50+ Insect Repellent, Natural 40+ Insect Repellent
		Mosquito Net	Lifesystems - Micronet Mosquito Nets
		Emergency Lightsticks	Lifesystems - 12h Light Stick
		Water Purifying Tablets	Lifesystems - Chlorine Dioxide Tablets
		Travel Plug	Lifesystems - Travel Adaptor
		Waterproof Bags	Lifeventure - Aloksak Multipack
		Security Pouch	Lifeventure - Body Wallet (Waist, Chest)